# SWEET DISHES.

HERBERT (Arthur H.C. Kenney)

# SWEET DISHES.

## A LITTLE TREATISE

ON

## CONFECTIONERY AND ENTREMETS SUCRÉS.

BY

"WYVERN,"

(AUTHOR OF "CULINARY JOTTINGS FOR MADRAS.")

MADRAS:
HIGGINBOTHAM AND CO.,
By Appointment in India to His Royal Highness the Prince of Wales,
and Publishers to the Madras University.
1884.

MADRAS:
PRINTED BY HIGGINBOTHAM & CO.,
164 & 165, MOUNT ROAD.

UNIVERSITY LIBRARY LEEDS

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# AUTHOR'S PREFACE.

IN offering this little book to the public,—a companion, as it were, to my *Culinary Jottings*,—I beg to tender my acknowledgments to the Proprietors of the *Madras Times*, in the columns of whose journal my articles on "*Sweet Dishes*" were originally published.

WYVERN.

MADRAS, *1st October 1881.*

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# Sweet Dishes.

## *Prologue.*

THE highly gratifying reception accorded by the public to my little book upon savoury cookery, "*Culinary Jottings for Madras*," has induced me to endeavour to complete the work with a few chapters upon sweet dishes.

I passed over this important branch of the cook's art when compiling my first *brochure*, being under the impression that advice concerning the preparation of soups, sauces, *entrées*, &c., was more generally required than about *entremets sucrés*.

The native cook is, I think, a fairly good hand at sweet things, and the receipts given in English cookery books are, as a rule, not very difficult to follow in that department of culinary science. It has been pointed out to me, however, by several fair housekeepers that Ramasàmi's *répertoire* of presentable sweets is somewhat limited, and that, in order to teach him anything new, it becomes necessary for his mistress to wade through the pages of a book, the boast of which it may be to contain, perhaps, two or three thousand recipes.

When compassed about by such a quantity of instruction the chief difficulty, of course, is what to select. Doubt as to the practicability of things which look very tempting on paper follows; and, at all events, a good deal of time is wasted that might be far more pleasantly employed.

The thing needful, then, I understand, to be a series of chapters in which each branch of sweet cookery is dealt with independently :—jellies and creams, pastry, soufflés, pancakes and fritters, puddings, ices, cakes, preserves, dessert, and miscellaneous trifles. While a few words concerning wines, and cooling drinks, might be added, I am told, with advantage.

This task I propose to attempt, and if half as well encouraged as I was when carrying out my first essay, I shall have no cause, I am sure, to regret the step.

WYVERN.

MADRAS, *1st June 1881.*

# CHAPTER I.

## *Equipments and Materials.*

HAVING apologized for my second appearance, I will commence my labours at once with a few general remarks about equipment, &c.

In the treatment of *entremets sucrés* the strictest attention must be paid to cleanliness. Every vessel used must be scrupulously inspected, and even the room in which the work is carried out should be sweet and airy. When we remember how easily cream, fruits, and the other delicate articles used in this branch of kitchen work, become tainted, and lose their fresh *bouquet*, common-sense should surely warn us to be careful. I confess that I cannot bring myself to believe that it is possible to compose a really dainty cream or jelly in a kitchen reeking with savoury vapours, or with, what is infinitely worse, the smoke from wood-fires.

Fortunately for us all, the cookery of sweet things can, in a great measure, be carried out in the house, away from the cookroom, and under the eye of the mistress. The *mixing*, for instance, of puddings, and the preparation of jellies, creams, cakes, and ices, might even be superintended in the dining room. For operations that necessitate slight boiling, a small charcoal fire in an adjacent verandah will generally be found sufficient. When satisfactorily mixed, and made ready for baking or boiling, cakes, puddings, and the like can, of course, be sent

to the kitchen : but the important stage should, if possible, be supervised in the house.

In addition to the reasons I have already mentioned, how unsatisfactory it is to send out wine, liqueur, jam, fruits, &c., to the kitchen, and when the dish comes to table, to find a miserable parody of the thing we expected, with no flavour of wine or liqueur, and with certainly quite half the fruit or jam gone.

In order to prevent the mysterious evaporation of these dainty and expensive ingredients, the eye of the mistress is necessary. In the simple matter of *sugar* it is actually surprising to note how much nicer *entremets* are that a lady has superintended, than those that the butler and cook have concocted alone. The native cook oversweetens everything unless carefully watched, besides taking "small sugar balance only for own-self coffee." I once knew of an establishment in which these "small sugar balances" proved so outrageous that a Chubb's lock was purchased as an antidote, and a system of supervision inaugurated. The consequence was that the monthly expenditure of sugar was absolutely reduced by nearly two-thirds.

Milk and cream ought to be narrowly looked after in the same way. Said a charming *châtelaine* to me once :—

"O ! Mr. Wyvern, I like your cookery book very much, but you *are so expensive:* my milk and butter bill has increased quite too awfully since I have tried to follow your directions."

The butler's excuse, it appeared, had always been :—"That Wivn's cookree plenty yexpense for cream, butter, yevery-thing."

We accordingly discussed the matter very closely, and I soon found out that the quantity of milk, butter, and cream, that had been used was vastly in excess of what necessity demanded.

So there was a row in the house, enquiry met with ingenious falsehoods, and my fair friend was about to give up the matter

in despair, when the ayah, in a moment of weakness, exposed the secret :—

"Butler's yeveryday taking one ollock for own-self, and giving servants all half half ollock : when I am telling that shame for him, he's telling *Master's strictly arder* all servants for the little milk give it—what can I say mam, I poor ayah woman?"

A Chubb's lock, and the measurement system were accordingly adopted, and a change came o'er the total of the milk bill.

The utensils required for the preparation of sweet dishes are :—

- 1 copper sugar boiler.
- 2 stewpans, white enamel.
- 3 small saucepans, do.
- 1 frying *(sauté)* pan.
- 1 omelette pan.
- 1 *bain-marie* pan.
- 3 sieves.
- 1 set of *tamis* cloths.
- 2 small strainers.
- 1 copper bowl for beating eggs.
- 3 bowls of sizes.
- 1 good mortar.
- 4 moulds assorted.
- 2 cylinder moulds.
- 1 wire frying basket (for fritters).
- 2 *soufflé* tins.
- 2 cake tins.
- 12 patty pans, oval, 3½ inches long.
- 1 set of pastry cutters and jaggers.
- 12 mince pie pans, round 3 inches in diameter.
- 2 baking sheets.
- 2 baking tins.
- 1 set of freezing utensils, complete, with 2 or 3 ice moulds.
- 1 *parfait* mould.
- 1 spice box.
- 1 marble slab for pastry.

It is highly desirable that the saucepans, sieves, stewpans, strainers, mortar, and baking tins, be set apart, and reserved for the sweet department only.

The table used by the cook for his sweets should be as clean as possible, and he should have at least :—

- 6 common plates.
- 2 or 3 soup plates.
- 2 large dishes.
- a couple of knives.
- 1 plated knife for fruits, &c.
- 1 lime squeezer.

- 3 or 4 saucers with cups.
- 1 set of basins of sizes.
- 2 or 3 jugs.
- 1 wine-glass.
- 3 wooden spoons.
- 2 plated spoons.
- 2 plated forks.
- 1 egg whisk.
- 1 saccharometer.
- 1 sugar dredger.
- 1 flour dredger.
- 1 ladle.
- 1 toasting fork.

The crockery I have enumerated may be composed of odds and ends, and be of the cheapest kind. It is essential on the score of cleanliness, and will be found, in the long run, well worth the money spent upon it, for it will render the use of pieces of your dinner set unnecessary. All know how soon things get broken when they are sent to the kitchen, and nice plates are completely spoiled by being put into the oven.

The spoons and forks may also be of a common kind, but they cannot be dispensed with. Iron spoons impart a metallic taste to delicate custards, creams, &c., and wooden spoons are often too clumsy for certain operations. The marble slab for pastry is strongly recommended.

The ingredients we use for sweets must be of the best quality we can obtain. The butter is, if possible, a more important element in this, than in the savoury branch. How easily, for instance, is the presence of an inferior butter detected in a cake. We cannot therefore be too particular in using what we know to be reliable.

The sugar is another item of importance. The best crystallized sort will do for sweetening most dishes, but powdered *loaf* sugar is a *sine quâ non* for frosting, and for the finishing touches when serving *soufflés*, sweet *omelettes*, fritters, and all kinds of puddings. We should never forget that sweet dishes form the ornamental part of a dinner, and that they should, therefore, be made to *look* as tempting as possible. The final dusting of powdered loaf sugar never fails to attract the eye pleasingly. A sweet dish garnished with crystallized sugar

may look fairly well, but the effect upon the teeth is far from pleasant. Those tiny little sugar plums called by our school confectioners "hundreds and thousands," and by the 'profession' "Nonpareils," will, on account of their variegated colours, be found most useful for garnishing.

That the best milk and cream should be used need scarcely be said: those who keep cows of their own possess an incalculable advantage in this important particular. The stuff that is sold as cream in Madras is scarcely better than rich milk, and sometimes not as good. When shall we hear of a Dairy Company being formed here? With fine cattle, good food, and careful superintendence, such a venture ought to prove a complete success. The Madras milk-man, as he is, should be suppressed by Act of Parliament.

People who desire to excel in their *entremets sucrés* must admit of a little extravagance in the matter of eggs. The poverty of the milk aforesaid demands it, and the eggs themselves cannot be counted as equal to those of the European market. In following an English receipt in which two eggs are entered, it would be wise to use three here, and if eight be named, I would issue twelve or fourteen, according to size.

Be very careful in having the best imported flour, and dry it well before using it; the cleverest cook will fail to turn out good puff paste with indifferent flour.

Of fruits, *confitures*, flavouring essences, &c., I will speak when I treat of the dishes in which they form a part.

As regards wine and liqueur you should be guided by discretion. By carefully reading a receipt and thinking over the ingredients that compose it, you ought, in nine cases out of ten, to be able to decide whether the wine can be omitted or not. I generally mention in my recipes whether the liqueur, &c., is really indispensable. Wine, as a rule, is, however, such a vast improvement when used in puddings, &c., that it seems a pity

to leave it out, especially when the quantity recommended rarely exceeds a glass.

With these preliminary observations, I will conclude this chapter, and proceed in my next to address you upon the subject of jellies.

## CHAPTER II.

# Jellies.

THE mistress of the house should certainly make a point of studying the art of making jellies. She need entertain no misgivings, for the commonest care, and the slightest attention to a few simple rules, will ensure success. There are, of course, jellies and jellies. Some with high-sounding names which we meet among the *entremets sucrés* of the choicest *menus*, and others that we are in the habit of making pretty frequently for ordinary occasions at home. The laws which govern their preparation are, nevertheless, in all cases the same. Conquer them thoroughly, and you will then be able to vary colours, flavours, and decoration, to your heart's content.

The leading professors of cookery maintain that, in order to achieve the limpidity and brightness which in certain jellies cannot but be considered indispensable, the *chef* must never use a *tinned* utensil. An enamelled stewpan, and a plated, or wooden spoon, are accordingly recommended. This vessel should be kept separately, and used for sweets only.

A flannel jelly bag is, of course, an item of the equipment which we cannot get on without; and we should have both ordinary moulds, and cylinder or border moulds. To use the jelly bag effectively without a tripod stand specially contrived for it, is no easy matter; so I strongly advise all who desire perfection to have one made. A fine sieve (reserved entirely for sweets)

will do very well for opaque jellies made of fruit *purées*, &c., but the flannel must be used for those that we wish to be clear.

I do not think that there is much required in the way of *instruction* in jelly-making, though I shall presently describe the process for the benefit of the uninitiated. What my lady-readers look for, I fancy, is variety,—to be shown how they can surprise their guests with something slightly more novel than the everlasting clear jelly flavoured with wine or liqueur.

Now, by exercising a little thought, and a little good taste, this end can be attained without much difficulty. Taking clear jellies first; we can, of course, embellish an ordinary maraschino jelly with quarters of preserved apricots or peaches, a champagne jelly with strawberries, a noyeau jelly with greengages, &c., &c. Or we may take a few specimens of each kind of fruit, and set them in layers. Cochineal will tint our jelly pink or red, saffron will make it yellow, and spinach greening (very carefully made) will give us a palish green.

Very effective red jellies—slightly opaque—may be made with claret, burgundy, or port, flavoured with the strained juice of ordinary raspberry, currant, or strawberry jam.

A pretty light green one can be produced with any light white wine, greengages, and a little green chartreuse. Green gooseberry jelly with a dash of any white liqueur, and a little spinach colouring makes a tasty looking *entremets.*

For yellow, I would use apricot jam with white liqueur; and orange jelly, of course, with quarters of the fruit imbedded in it, looks well in this colour.

Jellies depend upon gelatine or isinglass for their solidity. This effect can also be produced, we know, by slowly simmering calves' feet, and then straining the liquor, as will be explained later on: but the prepared isinglass and gelatine, now procurable everywhere, have rendered that very tedious process unnecessary. The use of the calf's foot in jelly-making was considered a great desideratum formerly when this species

of food was universally recommended for invalids on account of its supposed highly nutritive qualities. Modern science has, however, negatived the idea that jelly is either very nutritious, or very easily digested. It has accordingly lost the position it once held in the estimation of nurses, and we are at liberty to discard the calves' feet in favor of those handy little packets to which I have referred.

The syrups sold for making sweet ices provide us with materials for pretty looking jellies, and save an infinite amount of trouble. For instance, an ounce packet of gelatine, a bottle of strawberry syrup (sufficiently diluted with water to fill the mould that has been selected), a squeeze of lime juice, a glass of noyeau, sugar to taste and a few drops of cochineal,—if properly blended, strained through the flannel bag, and set firm upon ice, or, on the Hills, in spring water,—will be found a very presentable jelly indeed.

During the hot weather, a most agreeable sweet can be made for ordinary home consumption out of common tart fruits. These must first be very gently stewed with sugar, a little water, some lime-juice, and a glass of wine. When soft and sweet enough, strain off the liquor, pass the fruit through a clean sieve, amalgamate the syrup and the pulp of the fruit, after having dissolved a half ounce packet of gelatine in the former, let it get cool, and then set it in a mould upon ice. Custards that have been placed in the ice-box should accompany. A jelly of this kind is, of course, opaque, but it is not in the slightest degree less pleasant to the palate on that account. The French *confiseurs* call these *purée* jellies "*pains,*"—*pain de groseilles, pain d'ananas, &c.*

We must now proceed to discuss the composition of a few high class jellies, which should be reserved for special occasions, for, though easy to make, they are expensive.

**Champagne jelly with fruit** *(Gelée de champagne aux fruits):*—Put an ounce of gelatine into a stewpan with a quarter

of a pound of sugar. Beat the whites of two eggs, mixing with them a pint of water, and the juice of one lime. Pour the liquid over the gelatine and sugar, place the pan on the fire, stirring its contents unceasingly until they boil. Then remove the pan, and let the liquor it contains cool a little, after which strain it through a flannel jelly bag; pour it back, and strain it again, and, if necessary, again, until it is bright and clear. When quite cool, add half a pint of champagne. Prepare a *macédoine* of fruits:—dried cherries, preserved apricots, greengages, &c., cut into nice pieces. Put a border mould upon ice, and pour into it a little of the liquid jelly to the depth of the eighth of an inch. Set some of the fruit therein, to form the surface garnish of the jelly when turned out. Pour in enough liquid to cover the layer of fruit, and continue to arrange the remainder of the fruit in similar layers until the mould is completed.

*Observation:*—In setting a jelly in layers, be careful not to commence operations until the liquid is cold; if in any way warm, it is liable to loosen the ornaments laid in your mould. On the other hand, do not let it get too cold, for if beginning to set, it would, when poured into the mould, fill it with air bubbles, which would destroy the appearance of the jelly entirely. It is a matter of importance also to pour each of the subsequent layers of a jelly into the mould as soon as the one immediately preceding has set, in order to guard against the formation of any film of moisture on the surface of the layer, which would prevent cohesion between the layers, and would, in all probability, cause the jelly to fall to pieces on being turned out of the mould.—[*Gouffé.*]

In turning out a jelly that has become firmly set, let the cook be perfectly calm. Dip the mould in hot water for a few moments, and the jelly will slip gently out of its prison without a blemish. Ramasàmi is wont to use force, and to try and eject the jelly by vigorous shaking. Teach him the uselessness of such a course, and the danger that it entails upon the contents of the mould.

If you deliberate upon the recipe I have just given for the champagne jelly with fruit, you will at once perceive that it will serve as a guide for several clear bright jellies. All that you have to do is to vary the wine that is to flavour, and the fruit which is to garnish them. Thus, noyeau jelly with apricots, maraschino jelly with peaches, kirsch jelly with cherries, punch (milk) jelly with pineapple, curaçoa jelly with strawberries, chartreuse jelly with greengages, moselle jelly with angelica, vanilla jelly with pears, &c., are all composed upon a similar foundation.

First:—gelatine and sugar dissolved in water with the whites of two eggs and the juice of one lime,—a clarifying process that is to say. Then careful straining; and when perfectly satisfactory as regards limpidity, the blending of the flavouring wine or liqueur.

Half a pint of wine, or a full *wine*-glass of liqueur is enough for the jelly I describe, which, allowing for loss during the clarifying stage, will be about an imperial pint and a quarter.

When thus composed, there follows, of course, the setting process. If the quantity of liquid happen to fall short of the amount required to fill the mould, you can obviously add a little cold water, and a trifle more wine or liqueur. But it is a wise thing, after you have selected the mould you intend to employ, to measure its capacity with water, and so note beforehand the exact quantity of liquid that you will require to fill it.

The vanilla jelly with pears, that I mentioned in the list just now, is a rosy pink one, flavoured with *crême de vanille* liqueur, tinted pink with cochineal, and garnished with pears in slices.

Jellies composed of fruit syrups may be taken next in rank to those which owe their fragrance to the juice of the grape, or liqueurs. If you use the made syrups which are sold for ice-making, your work will be remarkably simple. Stage, the first, must be carried out as already described, and the syrup, separately strained, must be added to the clarified gelatine.

A dash of liqueur is always an improvement, but it must be kept subordinate to the flavouring of the fruit. Admirable syrups can obviously be made by diluting red or black currant jelly, or raspberry, currant, and strawberry jam. The flavour of the raspberry, will be found excellent. The juice of a lime should be always added when making syrups in this manner, and if you desire to make a pellucid jelly, the straining must be carefully attended to.

**Claret jelly** *(Gelée de Bordeaux)*:—This is invariably appreciated. Commence in the standard manner if you want it clear, and amalgamate the claret (or burgundy) with the clarified gelatine, as you did in the case of the champagne jelly. Raspberry syrup is considered a great improvement. Here is a reliable recipe :—

One bottle of claret, eight ounces of white sugar, one glass of brandy, the finely peeled rind of one well-washed lime, the juice of three, one tea-cupful of raspberry syrup (extracted from half a pound of jam, if you have none ready made) and one ounce of gelatine, or isinglass. Boil all together, skim very carefully, and strain through your jelly bag. This will be a rosy, and a nice looking jelly, but not quite as bright as the one in which the gelatine is first clarified independently. Whipped, or iced cream is generally handed round with Bordeaux jelly, a concomitant that is never out of place with any cold sweet *entremets*.

Jellies made of fruit *purées*, as I observed before, are specially acceptable in hot weather. They are opaque, of course, and perhaps scarcely as artistic as the clearer kinds, but the simplicity of their preparation is a great thing in their favour, and then we must not forget that many of them are very cheap.

A delicious **Mango jelly**, can, for instance, be made, when that fruit is in season, for a few annas. Pass the pulp of a few ripe mangoes through a clean sieve, slightly sweeten it, give it the juice of a lime, and dilute the juice with a little water;

give it a liqueur glass of brandy, heat it gently up with half an ounce of gelatine, let it get cool, pour it into a mould decorated with blanched almonds, let it set firmly upon ice, and serve.

For **Pine-apple jelly** you must stew the fruit till quite tender, pass it through a sieve, and then proceed as above mentioned: a dash of rum is the correct flavour to add to pine-apple.

Here is a nice receipt:—Make three-quarters of a pint of pine-apple *purée* by pounding some pine-apple previously stewed in sugar and water, and then passing the pulp through a sieve. Steep an ounce of gelatine in water for a quarter of an hour, drain, and put it in the hot syrup in which the fruit was stewed; stir over the fire till thoroughly dissolved, strain it through muslin, and add it to the fruit *purée*. Ornament a mould with almonds, or any candied fruit, set the mould in ice, fill it with the *purée*, let it remain in the ice for a couple of hours, then turn it out, and serve with iced cream.

**Prune jelly**:—I gave a recipe for this in the fourth edition of the "*Culinary Jottings*"; I cannot, however, omit it in this treatise. Put half a pound of prunes (French plums) into an enamelled stewpan, with two ounces of white sugar, a *slice* or two of lime, a little cinnamon, and sufficient light claret and water (half and half) to cover them. Stew gently until the fruit is quite tender, then lift the saucepan from the fire, drain off the liquor, stone the prunes, pass the fruit through a sieve, and save the pulp in a basin. Crack the stones, and save the prune kernels. Steep an ounce of isinglass in the liquor that you strained off, let it dissolve, mix it with the prune pulp, and pour in a wine-glassful of cherry brandy; simmer all together for a few minutes, then let the mixture get cool. Decorate a border mould with the kernels you saved, fill the mould with the jelly, and set it on ice to form. When wanted, turn out the jelly, and fill the hollow centre of the mould with iced or whipped cream. This will be a dark-looking jelly, and completely opaque, but very delicious in spite of its appearance.

And now for **Calf's foot jelly**, which, we must remember, is not to be passed over in spite of the preserved isinglass and gelatine to which I have alluded, for in India we may at any time be unable to procure either of those substitutes. We will *call* it "calf's foot jelly," but we must use sheep's feet to make it, since calves are rarely slain for the market in this Presidency.

For a good-sized jelly, choose twelve trotters, clean them very carefully, split them, and put them into a large stewpan, covering them with cold water; skim the surface continually as the water gets warm, and keep the temperature at the simmering point for six hours, occasionally adding a little water to make good the loss by evaporation. At the end of six hours, strain off the liquor from the feet, and set it in a bowl to cool. Remove the fat now with studious care, catching the small globules up with blotting paper. When satisfied that no grease remains, the clarifying must be carried out in this way. Pour the liquid, or if it has solidified (as it would on the Hills), put the jelly into a clean stewpan with an ounce of sugar for each trotter used, half an ounce of cinnamon, six cloves, a tea-spoonful of coriander seeds, the juice of six ripe limes, and half a pint of sherry, Madeira, or even Marsala. Set it on the fire. Beat up the whites of six eggs in a basin with a few drops of water, take a coffee-cupful of the liquefied jelly, mix it with the whipped egg, working it well with the whisk, then pour it into the stewpan with the rest of the jelly, and continue to whisk freely until boiling sets in. Move the pan to the edge of the fire and let it simmer, putting some live coals on the stewpan lid. In a quarter of an hour stop the simmering, and pour the jelly through the jelly bag. Pour it back, and strain it again and again until it is perfectly clear, then leave it in a basin until you desire to turn it into a mould for setting, for which process you will require ice, as in the case of gelatine or isinglass. If you wish to have a jelly flavoured with any particular fruit or liqueur, you must omit the spices and the wine in this recipe, and substitute whatever flavouring you have selected.

**Orange jelly** is one of the inexpensive jellies that can be easily made when that fruit is in season. Make a syrup with one pint of water, and quarter of a pound of white sugar, adding to it the finely shred rind of four oranges, and of two limes. Skim it carefully, adding the juice of eight oranges and one lime, let it boil gently for twenty minutes, and then strain it. Clarify an ounce of gelatine with a pint of water, the whipped whites of a couple of eggs, and a quarter of a pound of sugar. Strain it carefully, and when clear, mix it with the syrup. Pass the liquid through the jelly bag till quite transparent. Now skin and peel a couple of oranges, divide them into quarters, removing all pithy skin, and gently squeezing out the pips. If available, each piece may be dipped with advantage in brandy or any nice liqueur, but that is not essential. Place the mould on ice, and set about the eighth of an inch of the jelly first; then dispose upon it a layer of neatly arranged orange quarters, cover them with jelly, and repeat the process in a second layer, finally filling the mould completely.

**Lemon jelly** or rather **Lime jelly**, is even a simpler sweet than the foregoing. Clarify an ounce of gelatine exactly in the same way as described for orange jelly, and when strained and clear, mix it with a lime syrup made of the juice of four or five limes, a pint of water, and three quarters of a pound of sugar. Pass all through the jelly bag till clear. Garnish it with fruit if you wish, set it in a mould on ice, and serve.

**Snow jelly** is very nice, and not by any means difficult. Half an ounce of gelatine, half a pint of water, half a pound of sugar, the whites of two eggs, and the juice of three limes. Mix the ingredients together, stirring continually, in a stew-pan over the fire; in about twenty minutes pour the liquid into a bowl to cool, next pass it through the jelly bag, and then put it into a mould on ice to set.

**Port Wine jelly** is strongly recommended for invalids after certain attacks of illness. Mix together half a pint of port wine, one ounce of isinglass, half pound of sugar, the juice of

a lime and a stick of cinnamon. Set the whole with a pint of water in a stewpan on the fire. When the isinglass has thoroughly dissolved, strain the contents of the pan, let it get cool, and set in the usual manner.

**Dutch jelly** or Flummery, is a capital sweet *entremets.* Soak an ounce and a half of gelatine in a pint of cold water for twenty minutes, then put it into a stewpan with three quarters of a pound of sugar and the rinds of three limes; set the pan on the fire and let the gelatine dissolve, stirring the whole time. Next take it off the fire, and mix into it the yolks of eight eggs well beaten with half a pint of sherry; add the juice of three limes, whisk all together well for a minute, and then pass the liquid through the sieve or a piece of muslin. Now put it into a saucepan, which plunge into a larger one containing boiling water, and thicken the mixture over the fire as you would a custard by simply stirring well till the desired consistency is attained. Let it get cool, then decorate a mould with blanched almonds, place it in ice, pour in the jelly, and let it set as in the previous receipts.

This dish is sometimes called JAUNE-MANGER on account of the yellow tinge it acquires from the yolks of eggs. It is, of course, opaque.

**Blanc-manger** is naturally suggested by the above, and a very useful sweet it is too. There are expensive methods of composing this dish as well as plain. I will consequently submit one of each kind. This is Gouffé's "**Almond blanc-manger**":—Blanch and peel six ounces of shelled sweet almonds, and a quarter ounce of bitter ones; pound them in a mortar to a paste with rosewater, and add a pint of water; mix the paste and water well till it becomes milky, let it stand for an hour or so and then strain it through a clean sieve into a basin. Next put an ounce of gelatine, a quarter of a pound of sugar, and one pint of water into a stewpan, stir over the fire until the gelatine is melted, and then strain through a fine sieve. When strained and cold, add the almond milk, and a tea-spoonful of

orange flower water (to be got at the Chemist's) and mix the whole thoroughly. Put a border mould upon ice, fill it with the *blanc-manger*, and when set firmly, you can turn it out. This receipt is plainly capable of being followed substituting cocoa-nut for the almonds.

Another is richer still:—Pound the almonds as in the foregoing receipt, and let the almond-milk stand to absorb as much flavour as possible. Now put half a pint of fresh cow's milk, and coffee cupful of cream, with six ounces of sugar, and a few drops of vanilla essence, into a stewpan, dissolving in the liquor one ounce of gelatine. When liquefied, strain, let it get cool, and add the almond milk, and another cupful of cream; pour the whole into a mould already placed in ice, and serve when set firmly.

A plain one can be made in this way:—Beat three eggs with three table-spoonfuls of cornflour, flavour with a few drops of lemon, vanilla, or ratafia essence. Take a pint of new milk, and three ounces of sugar; put these ingredients on the fire, and simmer them for five minutes; strain the milk into the basin containing the eggs and flour, empty the whole into a stewpan and stir over a gentle fire till it thickens like a custard: add an ounce of liquefied gelatine, pour the mixture into a mould, set it on ice, and when firm, turn it out as you would a jelly.

With this excellent dish I will conclude my remarks about jellies, and in my next I will give a few hints about creams.

## CHAPTER III.

### *Custards and Creams.*

THE custard is, perhaps, one of the most useful things in the *répertoire* of sweet dishes. But, while certainly in constant requisition, it is oftener indifferently than really well made. Ramasàmi's custard is a floury composition, its colour is not prepossessing, and its flavour is generally derived from nutmeg or some spice or other. Now, it is in our power to diversify this simple dish in many ways, and, by careful attention, to raise it from comparative humility to a place well nigh as important as the cream that we look upon as so very delicious.

Good materials are, of course, essential. Neither arrowroot nor cornflour has, let me at once observe, any place, properly speaking, in custard-making. Ramasàmi takes flour to assist the thickening process, the consequence of which is that, owing to an insufficient quantity of yolks of eggs, the bright yellow tint that a custard should possess is lost, and the preparation is almost tasteless. A custard may be described as new milk delicately flavoured with vanilla, ratafia, almond, lemon, chocolate, coffee, &c., &c., nicely sweetened, and, after that, thickened by carefully strained yolks of eggs. It must then be allowed to get cold (in ice if possible,) after which it can be served either alone, or with fruit tarts, jam puddings, and so forth. The thickening with the egg yolks requires attention, for if hurriedly attempted over too severe a fire, the result will be more like *œufs brouillés* (Ramasàmi's "rumbled eggs")

than a velvety custard. It is on this account, I fancy, that our cooks give us arrowroot 'conjee' for custards rather than be bothered to make the real thing.

Take the following recipe for a **Plain Custard** for two people :—one pint of new milk, five good-sized or six small eggs, three ounces of sugar, a few drops of lemon-essence. Work as follows :—pour the milk into a very clean saucepan, flavour it with the lemon-essence, and a stick of cinnamon; when on the point of boiling, strain it off into another saucepan, let it get cool, and stir in the sugar, and the yolks well beaten and strained; set the saucepan in your *bain-marie*, or in any roomy vessel partly filled with boiling water, upon the fire. Continue to stir one way until it thickens, and when the mixture coats the spoon nicely, you may consider it finished. Pour it into your glasses, and set them in the ice-box, or put the whole into a bowl to get cold before serving.

**Coffee Custard** is uncommon, yet very easy. For six glasses measure out four breakfast cupfuls of boiled milk, put it in a basin with one cupful of very strong, clear, and carefully strained coffee*; add the yolks of five eggs, and one and a half ounce of pounded sugar; mix thoroughly and strain. Skim off all froth, and cook the custard as already described in a saucepan plunged into a larger vessel filled with boiling water; when sufficiently thickened, pour the custard into the glasses, and set them in the ice-box.

For **Chocolate Custard** the process is similar. You must dissolve a couple of ounces of chocolate in a little hot water, with a tea-spoonful of vanilla essence, and when melted, stir it into a pint of hot milk; add the yolks of six eggs, sweeten, and strain. The thickening can be conducted as already laid down, or the mixture may be poured into cups which should be set half-cup-deep in a pan containing boiling water, with live coals upon its lid. The custards will set in about fifteen minutes; the fire

* Branson's Extract of Coffee may be used very effectively in this case. Measure two tea-spoonfuls of extract for each breakfast cupful of milk. W.

being of course kept low the whole time. A spoonful or two of cream, naturally enough, will improve any custard, especially that flavoured with chocolate, but a *bonâ fide* custard is supposed to depend upon the yolks of eggs alone for its richness.

**Almond Custard** can be made with milk, eggs, and almond essence, according to the recipe number one; but the following with *cream* and *pounded almonds* will be found sufficiently delicious, if poured over a dish of fruit, and set in ice till very cold, to claim a place in the daintiest *menu.* A quarter of a pound of almonds, three bitter ones, a pint of cream, two table-spoonfuls of rose-water, the yolks of four eggs, and two ounces of sifted sugar. Blanch and pound the almonds to a paste with the two spoonfuls of rose-water, add the cream, the sugar, and the strained yolks of four eggs well beaten. Stir the mixture together in a saucepan (placed within a larger one, half full of boiling water, and set upon a low fire) until it thickens, and then pour it into a bowl to get thoroughly cold.

*Observation :*—I would choose a tin of white cherries (American) which I would drain, placing the fruit in a little maraschino for an afternoon. Near dinner time I would arrange the cherries in a flat glass dish and pour the cold almond custard over them, crowning the surface of the custard with whipped cream. If the dish could rest on ice until wanted its success would be assured. A rich custard of a proper consistency and well flavoured can be associated in this manner with *any* fruit. The soaking of the latter in liqueur, brandy, or rum, is of course optional. Stewed pine-apple flavoured with rum, covered with rich custard, and set upon ice until very cold, will be found excellent. I mention this as pines in their season are plentiful.

To make **Custard a la Reine**, take a breakfast cupful of very good cream, sweeten it, and flavour it, with almond essence. Add three quarters of a pint of new milk, and the yolks of seven eggs well beaten. Thicken in the usual way, and just before serving, stir into it a liqueur glass of maraschino.

From custards to creams the step is almost imperceptible. And here let me remark that any really good recipe for a custard is also a recipe for a *cream ice.* If, when thickened to your mind, you place a well-made vanilla custard in a freezer, and add to it, *when partly frozen,* a table-spoonful of thick rich cream, you will produce as good an ice as you can wish for. The real richness of the ice will depend upon the number and freshness of the eggs used in the custard.

Now follow me please in a valuable receipt for :—

**Vanilla Cream** which, you will observe, partakes of the nature of a custard to a certain extent. Boil a pint of milk, flavouring it well with vanilla essence. Let it get cold. Break seven yolks of eggs into a stewpan, with a half pound of sugar, mix well, and add the cold milk. Thicken the mixture in the method prescribed for custards. When it is thick enough to coat the spoon nicely, take the pan off the fire, and stir it for a short time longer. Steep an ounce and a half of gelatine in cold water for a quarter of an hour, drain it, and mix it in the hot custard (the heat should be sufficient to melt the gelatine); when melted, strain off the whole into another stewpan. Place the stewpan on ice, and stir until its contents *begin* to set. Then whip a pint of rich cream, take the stewpan from the ice, and mix in the whipped cream. Fill a quart cylinder mould with the mixture, and put it in a basin, with pounded ice all round it; cover the mould with a stewpan lid, and place ice upon it; in an hour and a half the cream will be firm. When set, have a basin of hot water—as hot as the hand can bear; dip the mould entirely into the water, take it out immediately, wipe the bottom of the cream with a clean cloth, put a dish over it, reverse it, remove the mould, and serve.—If the cream fail to leave the mould freely, dip the mould in hot water again. [*Gouffé.*]

**Strawberry Cream** is composed as follows :—Pass a pound tin of good strawberry jam through a fine sieve with the juice of a couple of nice limes, and a little milk to assist the operation.

Strain it. Steep an ounce and a half of gelatine in cold water, dissolve it in a small saucepan, and strain it through muslin into the strawberry syrup. Tint the mixture a rosy pink with cochineal. Set in ice, adding a pint of rich cream, well whipped, exactly as laid down for vanilla cream. This recipe can be followed for all fruit creams. The syrups sold for ices will save the trouble of passing jam through a sieve, but when they cannot be got, the jam can always be used.

**The Bavaroise** is a dish in which cream and jelly are associated together in this way. Make a maraschino jelly as previously explained, and also prepare a vanilla cream such as I have also described. Place a cylinder mould in the ice, and set therein a layer of the jelly; when set, pour in a layer of the cream, again jelly, and again cream, if you have enough: let it remain in ice for an hour and a half and then turn it out.

**The Lemon Bavaroise** is composed of lemon jelly and lemon cream. To attain the correct flavour in this country, we must use lemon essence. That of the lime can scarcely, in a dish of this kind, be considered a fair equivalent. Having made a little jelly with isinglass, syrup, and water, flavoured with lemon essence, we must make our lemon cream in this way:—Put six yolks of egg in a stewpan, with eight ounces of sugar, and one pint of milk flavoured with lemon essence. Of this make a custard as already explained, and, while hot enough, dissolve in it an ounce of gelatine previously steeped in water. When melted and well mixed, strain the mixture through a *tamis*, or fine sieve, into another stewpan. Place the stewpan on ice, so that the custard may begin to set, and when congealment commences, add a pint of whipped cream and again set it on ice. Now pour the lemon jelly into the mould (a layer about an inch deep will suffice,) and, when the lining has set firmly, complete the filling of the mould with the cream. Let it remain in ice a couple of hours, and turn it out when required.

**Orange Bavaroise** is easily made in the same manner. Instead of essence, the flavour can be obtained by boiling in

the milk used for the custard the very finely peeled rind of two oranges. The jelly is flavoured by peel in the same way, with the juice added to the syrup.

Creams dignified with the title "**a la Moscovite**" may be described as *purées* of delicate fruits, such as peaches, strawberries, apricots, &c., to which, when half congealed by gelatine, whipped cream is added; the whole being poured into a mould, and deeply embedded in ice until wanted. The *spécialité* of these creams is their exceeding coldness. Professors assert, therefore, that the moulds used for them must be hermetically closing ones, as used for ices: they can then be completely covered with ice without danger. The only difference in fact between a cream *à la Moscovite* and an iced cream appears to be that the former is congealed with the aid of gelatine and intense cold, while the latter is frozen in the icepail.

**Velvet Cream** is an old English delicacy that flourished with syllabubs and junkets in the days of good Queen Anne. The modern recipe for it is given as follows:—Dissolve in a small stewpan over the fire an ounce of isinglass with three quarters of a pint of sherry, the juice of two limes, and sufficient sugar to sweeten the liquid nicely. Let it get cold, set it on ice, and, when beginning to congeal, add a pint of whipped cream: pour the mixture into a mould, and bury it in ice till thoroughly firm.

An ancient receipt exists for a sweet also called "**Velvet Cream**" which, in all probability, was the dish of our ancestors, before Mr. Nelson discovered his gelatine, and refined isinglass became a common article of domestic use. It consists, to begin with, of a "fine custard cunningly flavoured with divers spices:" eggs were plentiful in those days, so we can easily picture to ourselves the golden tint of this composition. The dish is completed in the following way: "Take as many slices of a good cake as will lie well at the bottom of a glass dish, tipsify the cake with brandy, spread over the surface a layer of choice fruit, cover the fruits with the custard

and set the dish in a cool cellar until needed." Observe that there is no *cream* in this preparation whatever. All we have to do is to make a "fine custard"; and our ice will supply the want of a cool cellar.

**Ground rice cream** requires no cream, is cheap, and the very thing for a child's party. Mix four table-spoonfuls of ground rice very smoothly with two or three spoonfuls of milk; stir in the strained yolks of five and the whites of three eggs well beaten, sweeten it to taste, (about two ounces of sugar will be found enough), pour a pint of *boiled* milk into the mixture, stir well over the fire for three minutes, let it get cold, and then pour it into a mould which should be set on ice. The milk might be flavoured with vanilla, ratafia, or lemon; and a few drops of cochineal would make the cream look very pretty. The dish may be garnished with preserve or cold stewed fruit. Remember the cochineal; I am told by ladies who are learned in nursery mysteries that little people will often eat a *pink* thing when they will not look at a white.

**Stone Cream** is a slight variation of the ordinary moulded cream. It consists of fruit set in a glass dish, and congealed in cream over ice. The following is an old recipe:—Place a layer of apricots or peaches, strained from the syrup in which they were preserved, at the bottom of a glass-dish; sprinkle them well with any liqueur you may have at hand. Next dissolve in the fruit syrup over the fire an ounce of gelatine, strain and add it to a pint of rich cream, sweeten the cream to taste, and pour the mixture into a jug with a spout, which place in iced water, or ice. When nearly set, add to the cream a table-spoonful of lime juice, stir, and pour the contents of the jug over the fruit. Complete the solidification of the cream over ice, and serve.

The system above mentioned can obviously be followed with any fruit,—tart fruit sweetened, cold stewed pine-apple, or even plantains,—and the cream may be set aside in favour of a good custard in which an ounce of dissolved gelatine has been

mixed. Or you may discard both cream and custard, and simply solidify the fruit in syrup with gelatine. Dishes of this kind are very acceptable in hot weather.

"*Crême au Thé*," "*Crême au Chocolat*," "*Crême au Café*," "*Crême au Coco*," &c., may be defined as custards richly flavoured with the particular ingredient named, to which, when half solidified with gelatine, a pint or so of whipped cream is added—the whole composition being finished off in a mould upon ice. The recipe for *vanilla cream* may be taken as a standard model as far as the process of cream-making is concerned.

**Italian Cream,** a good old sweet, is made as follows :—Mix half a glass of sherry, the juice of three limes, and a quarter of a pound of sugar together. Add a pint of cream by degrees, stirring the whole time. Dissolve an ounce of gelatine in a tea-cupful of hot milk, let it get cool, strain into the cream, whisk all together for a quarter of an hour, and then pour the mixture into a mould; set it on ice, and turn out when wanted.

**Spanish Cream** is slightly different from ordinary creams, being made in this way :—Add two table-spoonfuls of pounded white sugar to three of well ground rice carefully sifted; mix the two thoroughly with three spoonfuls of water, and two of orange flower water. Now stir in by degrees a pint of cream well whipped, pour the mixture into a saucepan placed in a *bain-marie*, stirring till it thickens, then pour it over any fruit in a glass-dish, which set on ice to get firm and cold.

There is a sweetmeat garnish called "*Spanish cream*" made according to this recipe :—Dissolve an ounce of isinglass in half a pint of rose-water. Beat the yolks of four eggs with three quarters of a pint of cream. Sweeten to taste and thicken, add the dissolved isinglass, pour it into a glass dish, and when cold, turn it out and cut it into any shapes you please.

**Ginger Cream** is uncommon; it is made with preserved ginger, and is very nice indeed:—Make a rich custard with the yolks of six eggs, a pint of milk sweetened with two ounces of sugar, three table-spoonfuls of ginger syrup, and five ounces of ginger minced very fine. Dissolve in a little water one ounce of gelatine, strain it into the custard, and whisk the mixture well: set it on ice: when solidification commences, add half a pint of cream, mix thoroughly, and either pour it into a mould, or set it in a glass-dish over a layer of choice fruit perfumed, as it were, with any nice liqueur. In either case the mould or dish must be set in ice for the cream to congeal properly.

**Frangipane.**—Beat well together in a bowl six fresh eggs, adding by degrees four ounces of sugar, a pint of new milk, and two table-spoonfuls of flour. Set the mixture in a custard saucepan over a low fire, and stir in two ounces of almonds pounded with rum or brandy to a paste. When smooth and creamy, the preparation is ready for use in many ways, viz.:—to fill *profiterolles, petits choux,* or *meringues.* Frangipane is used instead of jam for tartelettes, and instead of cream with fruits, being a superior kind of custard.

Instead of almond paste the mixture may be flavoured with vanilla, ratafia, chocolate, burnt almond, &c.

## CHAPTER IV.

### *Cold Sweet Entremets—Miscellaneous.*

ALTHOUGH we have considered the composition of creams, jellies, and blanc-mangers, there still remain for discussion several standard sweets which custom has placed in the category of cold dishes:—puddings that are served cold, trifles, and so forth. Let us take a few good cold puddings first.

**Orleans Pudding** *(" Pudding" à l' Orleans)*:—Make sufficient really rich custard flavoured with vanilla to nearly fill the mould that you may select; stir into the custard whilst hot an ounce of dissolved gelatine; when thoroughly mixed, strain the whole through a fine sieve. Have ready an ounce of candied orange peel, an ounce of candied citron cut into dice, an ounce of currants, and an ounce of raisins, carefully cleaned, picked, and cut up: stir the fruits thus prepared over a very gentle fire with just enough rum to moisten them, let them absorb the liquor, then remove the pan. Having thus prepared the custard and fruit, open a tin of ratafias, put your mould in ice as if for a jelly, and pack it in this manner:—First a layer of the custard, then, as soon as that is all but firm, a layer of the minced fruit, over that a layer half an inch thick of crushed ratafias; set the two last layers firmly by gradual libations of custard, and when they are set satisfactorily, continue to add custard to complete another layer, as it were, and, after that, repeat the process already explained,—a layer of fruit,

and one of crushed ratafias, set in custard,—until the mould is quite full—then leave it in the ice till wanted.

*N.B.*—The pudding would look prettier if half the custard were tinted rose-pink with cochineal; alternate layers of ivory and rose might then be effected. Cream may be added to the custard while it is cooling with great advantage. The quantities of fruit I have given are for a quart mould.

**Rice a l' Imperatrice** *(Riz à l' Impératrice)*:—This dish may be served cold, as well as in the form of an iced pudding. Blanch four ounces of rice in boiling water; drain, and put it in a stewpan with a pint and a half of boiling cream (if possible) or fresh milk, and five ounces of sugar. Simmer the rice gently for an hour, or, rather, until it is done. Be careful not to let the grains get pulpy, so stop the simmering as soon as they are soft. Prepare a *macédoine* of preserved fruits, dried apricots, greengages, cherries, pine-apple, or whatever you can get,—about four ounces in all,—and moisten the mince with a table-spoonful of maraschino, noyeau, or curaçoa. Now strain the milk from the rice, and add sufficient milk to it to fill the mould you have selected, allowing, of course, for the rice and fruit. Turn the whole of this cream or milk to a rich custard, using (for milk) eight eggs to the pint, and for cream four. Having made a custard to your satisfaction, flavour it with vanilla essence, and stir into it, while hot, half an ounce of dissolved gelatine. Fill the mould first with the custard, and as soon as that *begins to set*, stir in the rice, followed by a coffee-cupful of the best cream you can get—well whipped. After you have mixed these well together, lastly, add the minced fruit. If left in ice, the mould will get quite firm, and you can turn it out when wanted.

**Rice a la Reine** *(Riz à la Reine)* is another good cold *entremet* with rice. It is made with almond *purée* in a manner something like the foregoing. Prepare the rice in the same way, using cream if you can. After draining the rice, turn the milk or cream to a rich custard, and add to it, in addition to the half

ounce of gelatine, a *purée* or paste made by pounding four ounces of sweet almonds, and eight bitter ones, with a little rose-water. Mix this into the custard thoroughly, and finish as in the former receipt with the exception of the minced fruit. After adding the whipped cream, conclude your composition with a liqueur-glass of noyeau.

**A Genoese Timbale** *(Timbale de Gênoise)* makes an effective sweet dish. Make some *Gênoise* paste as follows:—Work together briskly in a basin half a pound of flour, half a pound of sugar, and four eggs : after five minutes' good stirring, add a quarter of a pound of melted butter. Butter a square baking sheet, spread the paste upon it, and bake it in a moderate oven until it turns a golden yellow. Choose a plain pudding-mould, and put a round of paper at the bottom of it; cut a round of paste to fit the bottom of the mould, and place it on the paper; then cut a strip of the paste the width of the depth of the mould, and the length of its circumference, and, whilst it is hot, line the inside of the mould with it; secure the *Génoise* together at the edges with white of egg and sugar cement and put the timbale on ice. As soon as the cement has dried, you will have a firm case of *Gênoise* paste. To complete a *timbale de Génoise*, the centre of the case must be filled with a good jelly, with which some fruit, or a mixture of fruit, should be associated, *viz.*:—

With orange jelly, and slices of orange embedded therein.
With maraschino jelly, and apricots.
With kirschenwasser jelly, and cherries.
With noyeau jelly, and strawberries.

The filling of the *timbale* is a matter of taste. Instead of jelly you can, of course, use cream. *Timbale de Gênoise au crême de vanille, crême de coco, &c.* The only thing to observe is this:—Set the *Timbale* case, in the mould in which it was made, in ice, and do not fill it with the jelly, or cream, until you have nearly set the liquid in ice separately *first*. The cream or jelly should be pretty firm, that is to say, *before* it is

put into the case. After it has been filled carefully, the *timbale* should be kept in ice until it is wanted; then let it be turned out of the mould and served. The outside of the cake case may be glazed over with some apricot jam, diluted with some syrup; and iced cream may be passed round as a sauce.

**Queen Mab's Pudding** is a celebrated old dish. Flavour a pint and a half of good fresh milk (or cream) with any favourite essence, then sweeten it with four ounces of sugar, turn it to a rich custard with eight yolks to the pint of milk, or four to the pint of cream, and while it is hot, stir in an ounce of dissolved gelatine. As this is getting cold, make a *salpicon* of mixed fruits as for *Nesselrode* pudding, stirring it well together with a table-spoonful of maraschino. Bury the mould you intend to use in ice, and turn the cold custard into it; stir well, and as soon as partial consolidation commences, mix in the mince of fruit, with a coffee-cupful of whipped cream. After a good stirring, the pudding may be permitted to set.

**Profiterolles Pudding** is another cold sweet *entremets* of this class. It may be described as a series of layers of *profiterolles* and raisins embedded in a nicely flavoured cream.

A *profiterolle* is a tiny puff made of *beignet soufflé* paste containing a little morsel of apricot or strawberry jam. Boil together half a pint of water, four ounces of butter and half an ounce of sugar; then remove the pan from the fire, and add half a pound of flour. This mixture should be stirred over the fire for five minutes, and then taken off, four well beaten eggs being added, one after another. The paste should be sufficiently stiff to stand up without spreading when dropped from the spoon. With this paste, little balls the size of a walnut should be formed, laid upon buttered paper, brushed over with egg, and baked. When done, a little cavity to hold a teaspoonful of jam should be scooped out of each *profiterolle.*

For the pudding, make twenty-five of these rolls, fill them with apricot jam; make a pint and half of rich custard, flavouring it with any nice essence or liqueur, and adding an ounce

of dissolved gelatine to it. Also, stone, clean, and moisten with syrup and liqueur, a couple of ounces of dessert raisins. Now pack the mould in this wise:—First set at the bottom of the mould an inch layer of the custard; upon that arrange a circle of the *profiterolles,* filling up the crevices between them with the raisins, set this layer with some more of the custard, and continue in the same manner until the mould is filled. Let it stand in ice until it is required, then turn it out, and serve.

**Profiterolles au Chocolat.**—This delicious sweet may be served either hot or cold. It consists of *profiterolles* made as just described, but filled with pure thick cream, or *frangipane,* and served with chocolate sauce. The paste of the *profiterolles* should be flavored with vanilla.

The sauce is made thus:—Dissolve two ounces of chocolate in half a pint of water, add a tea-spoonful of vanilla essence, two ounces of sugar, and a squeeze of lime juice; serve when creamy. Some put the *profiterolles* into the sauce, but I prefer to serve them separately in a napkin, for they soon get sodden if allowed to remain a few minutes in the liquid.

A very carefully made Cabinet Pudding makes a delicious cold sweet *entremets.* It should be made exactly according to the recipe for the *hot* cabinet pudding, but instead of being turned out of the mould when ready, it should be allowed to get cold, and after that, buried in ice till wanted.

Cold *entremets* of this class may be assisted by iced cream, moulded cream, custards, or any nice sauce selected from those given for ordinary puddings—iced.

Very nice indeed are *entremets* made of cold rice, garnished with *purées* of fruit or jam, and with cream, custards, or iced syrup for sauce. The best of all of them I have already given in the recipes for *riz à l'Impératrice,* and *riz à la Reine;* there are, however, two or three not generally known that ought not to be passed over.

**Rice a la Marquise** *(Riz à la Marquise)*:—Flavour a pint of milk with almond, vanilla, or ratafia essence, and stir it by degrees into a basin containing two ounces of ground rice. If you add the milk slowly, and mix thoroughly, the result will be a smooth, creamy liquid without any lumps. Now pour it into an enamelled pan with a pat of fresh butter, the size of a rupee, and a table-spoonful of sugar. Stir it over the fire, and let it boil for about ten minutes, or until it leaves the sides of the pan. Remove the pan, stir into it a coffee-cupful of whipped cream, and pour the rice *purée* into a couple of basins; tint one of them pink with cochineal, and leave the other one plain. Select a plain mould, moisten it inside with cold water, set it on ice, and pour into it the contents of your two basins, letting the white set first before you add the pink. This is a pretty looking dish. Cream (iced), cold custards, or a rose-tinted syrup, flavoured with liqueur or fruit, may accompany it as sauce, and it may be garnished with any nice jam.

**Apple meringues with Rice** *(Pommes au riz meringées)*:—Excellent. Peel six apples, core them, cut them in halves, and put them in a flat stewpan with half a pint of water, four ounces of sugar, a few cloves, and a stick of cinnamon; let them boil gently till they become quite soft: then pick out the apples and put them on a dish. Continue boiling the apple syrup until it thickens, then mix with it a table-spoonful of maraschino and strain it from the spice over the apples. Next put into a saucepan of cold water, half a pound of rice, set it on the fire, and the moment the water boils, stop, drain off the water, and stir into the rice one pint of milk, four ounces of sugar, and the thin rind of a lime. As soon as the rice is soft, and has absorbed the milk, let it get cold, and work into it a thick custard made with the yolks of four eggs. Now arrange the rice in a dish that will stand the fire, placing on the top of it the pieces of stewed apple; cover the whole with the whites of the four eggs whipped to a stiff froth with a table-spoonful of powdered sugar. Sprinkle powdered sugar over the surface, and bake in a moderate oven until the white of egg turns a

golden yellow,—which ought to take place in twenty minutes. Then let the dish get cold, finally setting it in ice before serving, and send round iced-cream as a sauce. If carefully composed, this dish is fit to present at the most studied banquet.

Talking of *pommes meringuées* leads me to the **meringue** proper—a simple yet effective sweet, susceptible of infinite variety. Put the whites of seven eggs into a bowl, and whip them as stiffly as possible; add half a pound of powdered sugar, mix well, and, with a table-spoon, set portions of the mixture at intervals on sheets of buttered paper; each piece should be about the size and shape of an English fowl's egg; dredge some sugar over them, and set the sheets in the oven on a flat baking tin. As soon as the portions of egg assume a pale yellow tint, remove them from the oven, pass a very thin sharp knife under them, to detach them from the paper, and cut them in halves lengthwise. This operation requires a steady hand. Now scoop out the soft part in the centre of each half *meringue,* and set them afterwards in the ice-box. When quite cold, they may be finished off in many ways; a whipped cream,—flavoured with any nice liqueur, with essence, or with fruit,—forms a favourite composition to fill them with; some people prefer jelly, and some are contented with a little nice jam, or stiff fruit *purée.* Whatever may be chosen should be neatly arranged in the half *meringues* which should then be cemented together, in their original form, by a stiff cement of white of egg whipped up with sugar. A dish of well-made *meringues* piled upon a napkin in a pyramid is always popular.

*Pommes meringuées, reine-claudes meringuées, groseilles meringuées, &c.,* may be described as fruit carefully stewed, flavoured with a dash of liqueur, and a little lime juice, sweetened to taste, and covered with a canopy of *meringue.* It is a mistake to call these *entremets* "*tourtes meringuées,*" for they have nothing to do with the tart family. They are simply fruit encrusted with *meringue* mixture. As the process of gentle

baking is essential to set the *meringue*, you must select a shallow pie dish for this *entremets*. Prepare whatever fruit you may select as already laid down for the apples in *pommes au riz meringuées*, i.e.:—stew the fruit till tender, take it out of the pan, reduce the syrup until it is as thick as honey, dilute that with a little liqueur, add a dash of lime juice, and pour it over the fruit, which should be neatly arranged in the pie dish. After that, all you have to do is to whip very stiffly sufficient whites of egg with sugar to form a covering for the fruit, to bake it a pale yellow, and then, when cold, to set the dish in ice until it is wanted. Iced-cream, or very cold custards should accompany. The common fault to be found with fruits *meringuées* is that they are too sweet. Remembering this, and that the *meringue* mixture is itself sweet, be careful not to over-sweeten the stewed fruit. If you use preserved fruits, the stewing process will, of course, be a very short operation. In their season mangoes *meringuées*, pine-apple, and Shevaroy pears *meringuées* should not be forgotten.

**Caramel-Pudding** is a kind of sweet that, independently of its innate simplicity, generally finds favour with people of refined taste. Put a couple of table-spoonfuls of powdered sugar into a sugar boiler with a very little water, and keep the mixture on the fire, stirring it without stopping until it assumes a rich, warm, burnt-umber tint. Stop when the colour satisfies you, and pour the syrup into a plain mould or basin, which should be warmed before receiving it. As soon as the syrup has been poured in, move the mould or basin about until the inside is completely coated with the caramel, which will very shortly set firmly. Now make a rich custard sufficient in quantity to fill the cavity in the mould, flavouring it with any nice essence, or liqueur. Pour the custard in very carefully, and then cover the bottom of the mould with a piece of white paper, set it in a vessel containing cold water, taking care that the water does not reach more than within an inch of the top of the mould, and boil the pudding gently for one hour: lift the vessel off the fire at the end of that time, and let the water it contains become

gradually cold. When quite cold (iced if possible) take out the mould, turn out the pudding carefully, and send it up then and there, with an iced syrup sauce flavoured with liqueur, or diluted fruit jelly. In making the *caramel,* care must be taken not to make it too brown, for if overburnt, the result will be an unpleasant bitter taste that will spoil the pudding.

**Snow eggs** *(Œufs à la neige)* an *entremets* of standard popularity, must not be forgotten in this category of cold sweet dishes. Beat up the whites of six eggs to a stiff froth, with three ounces of sugar, as if for *meringues.* Have a pint and a half of milk, previously sweetened, in a stewpan on the fire, and when it boils, drop upon its surface, in separate spoonfuls, the stiff egg froth; a few seconds will cook each spoonful on one side, then turn it over, and when cooked on the other side, place it in a glass dish. All the egg froth having been thus cooked, strain the milk free from any bits of egg that may have been left in it, and then turn the strained-milk to a rich custard with the yolks of the six eggs; flavour this custard as nicely as you can with almond *purée,* vanilla, or whatever you like best, and when cold, pour it very patiently into the glass-dish containing the snow balls. As the liquid fills the dish, the egg froth will rise, floating upon its surface. When completed, the top of the snow may be sprinkled over with these little sugarplums called *nonpareils,* and additional effect may be produced if half the egg froth be tinted pink with cochineal.

**Gateau à la Wyvern.**—Put one pound of castor sugar into a copper whipping bowl with sixteen eggs, and whip them together over a very low fire for a quarter of an hour: then add half a pound of ground rice, three quarters of a pound of butter, half melted, and a dessert-spoonful of vanilla essence. Mix the whole lightly together. Butter a cylinder mould three inches deep, put the mixture into it, and bake in a moderate oven. When done, turn out the cake, and coat it pretty thickly with chocolate icing, garnishing the rim of the cake with chocolate cream comfits: set the icing, and just before serving, fill the

centre with any delicate fruit, embedded in whipped cream. Pile the whipped cream high above the level of the top of the cake.

Thirty years ago or more, when Alexis Soyer was high priest in the kitchen of the Reform Club, it was the fashion to serve as a *pièce de résistance* among the *entremets sucrés* elaborate imitations of savoury dishes. In this way, mock boar's heads, saddles of mutton, hams, &c., were presented "*en surprise*"; Soyer's "*Hure de sanglier glacé en surprise*" was indeed looked upon as something "quite too awfully nice"—to borrow a prevailing figure of speech. Now, I need scarcely say that this fashion has exploded. We are scarcely as ambitious as our fathers were in the matter of the size and profuse ornamentation of our dishes. Nevertheless, there are a few *entremets* that the ponderous efforts of the past generation may be said to have suggested; to wit, pretty dishes in imitation of *entrées*, viz.:—*Chaud-froid de fruits* (Gouffé), *Quenelles au purée de pois verts, côtelettes en surprise, &c.* The only objection to these dishes is the trouble of making them. Unless very neatly trimmed, and carefully dished, they are likely to be disappointing. At the same time, be it observed, they are not really difficult.

**The Chaud-froid of fruit** may be thus described:—A border of any nice clear jelly, garnished with pieces of greengages, apricot and pine-apple, (to counterfeit aspic with vegetables,) containing in its hollow centre a number of slices of apple, or pear, arranged in layers, and congealed in *blanc-manger,* (to look like chicken fillets set in white glaze) the surface being decorated with pieces of prunes, cut to imitate truffles; and slices of pears trimmed with fretted edges to represent cocks-combs. Proceed then to make, say, an ordinary maraschino jelly, sufficient in quantity to fill a nice border mould. Set it as usual, garnishing its surface with strips of almonds, (to look like whites of eggs) and pieces of greengage or angelica, apricots, and pine. Also make a good breakfast-cupful of vanilla-flavoured *blanc-manger.* Trim your quarters

of apple, or of pear, to look like fillets of chicken, and have some prunes stoned and cut to look like pieces of truffle. When the jelly is firm, turn it out upon the dish in which it is to be served, and place it upon some ice; pour a little *blanc-manger* into the cavity in its centre, and let it set, upon that arrange some slices of apple, pour some more *blanc-manger* over them, and go on in the same way) step by step, setting each row before you begin another, and dotting some pieces of prune here and there as you would truffles in a *chaud-froid:* pile the slices above the level of the surface of the jelly, and pour over the top of them a final libation of *blanc-manger* in a semi-congealed state:—if placed quickly in the ice-box, this top dressing will set firmly; garnish it, as already described, with thin strips of pear cut to look like cocks-combs, and some pieces of prune.

For **Quenelles au purée de pois verts** you must make some sponge-cake, some *blanc-manger,* and some pistachio cream-ice. After the sponge-cake has been made, trim it in little ovals to look like *quenelles,* cut each one in half, and insert a layer of apricot jam between the halves, closing them together again. Place them on a flat dish, and mask the mock *quenelles* with the *blanc-manger* which should be in a half congealed state in order to coat each thickly. Arrange the dish in this way:—Turn out a low chaplet, or hollow mould of rice dressed *à l'Impératrice;* set it in the dish in which the *entremets* is to be served; and arrange the *quenelles* round the rice as for an *entrée;* as soon as this has been done, put the dish into the ice to encourage the setting of the *blanc-manger.* The pistachio cream-ice having been made separately, should be put just before serving in the hollow centre,—it need not be moulded in any set shape, trim it with the spatula as neatly as you can, and serve. This combination of cake, ice, *blanc-manger,* and rice *à l' Impératrice* is, of course, commendable.

**Iced cutlets** *(côtelettes glacées en surprise)* are made, in a somewhat similar manner, out of sponge-cake, but, after having introduced the layer of apricot jam, a piece of almond must be

inserted to imitate the cutlet, bone, and then the cutlets must be "masked" with chocolate icing, and dipped in ratafia crumbs; immediately after which process, they should be laid upon a baking sheet, and put it into the oven to dry. When ready, a circle of rice, or of blanc-manger, should be turned out upon the dish, the cutlets should be arranged round it, and the dish should be set in the ice-box, the hollow centre being filled with pistachio, vanilla, or almond cream-ice just before serving.

**Cutlets** *(côtelettes)* are sometimes plainly cut out of sponge-cake, dipped in apricot marmalade, and then rolled in ratafia crumbs, without the chocolate icing; or they may be coated with rich almond-icing and then crumbed.

The recipes I have given for these *entremets en surprise* will, I think, satisfy my lady readers that they are not *difficult;* they are doubtless a little troublesome, an objection that is, after all, of little weight with some house-keepers, especially when novelty is desired.

Among miscellaneous cold sweets the **Chartreuse** of *fruit* deserves a place of honour. I simplify Gouffé's recipe as follows:—choose a tin of American apples or pears, turn the fruit out upon a dish, saving the syrup; test the pieces with a fork, and separate those that may be hard from those that are soft; out of the harder ones, cut a number of half inch lengths, using a vegetable cutter. With all the trimmings, and the pieces that were too soft to cut into lengths, proceed to make a purée by gently simmering them in the tin syrup and then pressing them, syrup and all, through a fine sieve. Put the purée into an enamelled pan and sweeten it to taste, add a wine-glass of maraschino and simmer until the mixture assumes the consistency of stiff marmalade. Select six preserved apricots, six greengages, and two ounces of dried cherries, toss them over the fire in some plain syrup for a minute, then drain, and let them grow cold. Wet a piece of white paper, put it at the bottom of a plain mould, line the sides of the mould also with wet paper, and then pack it in this way:—First the pieces of trim-

med apple or pear, then the other fruits according to discretion, lastly, pouring in the marmalade, into which a little dissolved gelatine should be stirred at the last moment. When set, the *chartreuse* may be turned out ; it should be garnished with pieces of broken red, and white jelly, which should be made, of course, separately, a star cut out of red jelly may garnish the summit of the chartreuse.

Observe that a *chartreuse* of fruit is a mixture of fruit set in a *fruit purée.* Some people send round a *jelly* containing mixed fruit under the name of a *chartreuse,* instead of its proper title of *gelée aux fruits.*

**Pudding à la Marlborough house.**—This cold sweet *entremets* may be described as a *chartreuse* of fruit smothered in cream ice. The *chartreuse* must be set in an oval "melon-shaped" mould, so that the ice may be laid over it easily with the spatula. Vanilla cream ice is generally selected to cover the fruit.

A recipe for a **Trifle,**—that time-honored, excellent dish, so dear to the hearts of our elderly cousins, and our maiden aunts,—will form a fitting termination to this miscellaneous discourse.

"This," says an ancient treatise on cookery, "is a compound of syllabub, and of sweetmeats,"—(words that at once recall a picture of aunt Maria in the Kate Greenaway and Caldecott style, a coronet of curls, a short waisted frock and sandalled shoes.)—"Line the bottom of a glass trifle dish with sponge-cakes stuck with blanched sweet almonds : moisten them with sweet wine, or sherry wine with sugar; over these lay a dozen ratafia cakes that have been soaked in noyeau ; intersperse (good word !) with these some thin slices of citron, and candied orange peel, and distribute over them pieces of preserved apricot, with occasional spoonfuls of raspberry jam, and red currant jelly. Pour over these a few spoonfuls of the liquor of the syllabub. The next layer should consist of tartlet cream, about the

thickness of an inch, over the which please grate some nutmeg, and likewise strew a little powdered cinnamon, together with a small quantity of lemon-peel, and some powdered loaf sugar. So far, well. Now take from the sieve upon which it has well drained, as much whipped cream of an excellent stiffness as will cover the dish abundantly. Aye, and to add to the pleasing fashion of the dish, shake over the froth a sparse handful of parti-coloured comfits."

The "tartlet cream" would now-a-days be called a rich custard :—Half a pint of cream, half a pint of milk boiled together, flavoured with vanilla and thickened with the yolks of nine eggs. The "syllabub liquor" was the cream drained from the froth.

**Compôtes of fruit** may be presented either at dessert, or as *entremets sucrés.* When served in the latter form, it is as well to send *riz à l'Impêratrice*, tapioca *à l'Impêratrice*, or some nice cold pudding with them. A *compôte* may be described as fresh fruit, or preserved fruit, stewed in syrup. The general method of serving a *compôte* is in a glass dish. For the syrup, when fresh fruit is used, the following proportions may be safely relied upon :—To each pound of fruit ten ounces of sugar made into syrup with half a pint of water. The fruit should be gently stewed in the syrup, and, when tender, placed in a glass dish, the syrup being poured over it. An ordinary sweet syrup will suffice for fruit preserved in tins, bottles, &c. A dash of liqueur always improves a *compôte* syrup.

**Apple snow,** like the foregoing, may be used either as a dessert dish, or as an *entremets.* Turn half a pound of cooked apples to a *purée*, sweeten it to taste, giving it the juice of a lime : then commence to beat the *purée* smartly in a large bowl, adding the whites of three eggs one by one : as the froth forms, add also half a pint of whipped cream. Beat all together, and serve in a glass dish as cold as possible. Cold cooked rice may be beaten up with the mixture.

Somewhat similar to the above is that excellent and easily composed *entremets* **Tapioca snow**:—

Weigh a quarter of a pound of tapioca; if very rough and large, pound it while dry in a mortar till it crumbles into pieces of a uniform size nearly, and not larger than a pea. Cleanse the tapioca by soaking it for a short time in cold water, take it out, and then put it into a pint of fresh milk. Let it boil until tender, very slowly. When nice and tender, turn the contents of the saucepan into a large bowl, letting the boiled tapioca get cold, and stirring it continually. Now sweeten the mixture, set in on ice and flavour it with vanilla, lemon, almond, maraschino, or whatever you prefer. Whip half a pint of cream, stir it lightly into the tapioca, and serve in a glass dish, well frothed up.

If the mixture were poured into a mould, and set upon ice, it would solidify, and become, when turned out, **Tapioca cream.**

**Tapioca à l'Impératrice** is a very delicious dish. Follow the directions given for *riz à l'Impératrice* substituting tapioca for rice.

It is necessary to crush the tapioca a little smaller than it is generally found in bottles and packets, and the cook should endeavour to break the pieces up as nearly as possible of a uniform size.

## CHAPTER V.

# Fritters.

BATTER is a word that has an unassuming sound, yet there are few culinary preparations of greater value to the cook. A quantity of excellent sweet dishes owe their *raison d'être* entirely to it: the *soufflé*, the pancake, and fritters of divers kinds, are, after all, only batter cooked in various ways. By the exercise of a little ingenuity, we can diversify the method in which we serve these sweets *ad libitum*, for, as may be imagined, the forms of the batter itself are many, varying according to the use for which it is required. The *soufflé* is, of course, baked; the fritter and the pancake are fried. We can flavour our batter with prepared essences, with orange and lime peel, with the juice of fruit, with chocolate, with coffee, and liqueurs. Thus, the list of *soufflés* can be extended as freely as that of jellies and creams. Master the process once for all, and thenceforward variety will become a mere matter of taste and invention.

Since the *soufflé* may be considered the *chef d'œuvre* of this branch of the science of cookery, it will be perhaps as well to commence a little lower down in the scale of batter-composed dishes, working our way from the simple fritter to the choicest recipe we can find.

To carry out this plan, we must first consider a few standard receipts for batters, bearing in mind that there is a great deal

more of importance in the selection of the ingredients for this humble preparation than many house-keepers believe. We must not content ourselves with an indistinct idea that it is made of milk, flour, and an egg or two; and leave Ramasàmi to his own devices. If we do so, we shall never succeed in attaining that degree of niceness which suggests perfection.

Gouffé's standard batter may be described as follows:—four and a half ounces of flour, well dried and sifted; three fairly large, or four small eggs; two table-spoonfuls of the best salad oil. Place the flour in a deep basin, make a hole in its centre, and pour in a claret glassful of water; add a tiny pinch of salt, a tea-spoonful of sugar, the yolks of the eggs (reserving the whites separately for whipping) and the two spoonfuls of oil. Work all together to a smooth paste sufficiently thick to coat a spoon, dipped into it, with a layer of batter the eighth of an inch thick. If thicker than that, you must add a little water. *Twenty minutes* before using the batter, add the whites of the eggs well whisked to a stiff froth. The batter can then be used.

Observe that there is no milk in this receipt, it is a *frying* batter remember: also note that the composition should stand for twenty minutes after the whites of the eggs have been added. Here is another recipe:—

Beat up the yolks of three eggs with two table-spoonfuls of brandy or rum, one table-spoonful of salad oil, and four or five table-spoonfuls of cold water. Incorporate with this mixture three table-spoonfuls of flour, a pinch of salt and a tea-spoonful of sugar, work the whole to a smooth lumpless paste, and beat it heartily for ten minutes. If a little too thick, add a spoonful of water or two to make it exactly what you wish. Lastly, stir into it quickly and thoroughly the whites of the three eggs beaten to a stiff froth.

Another writer gives for sweet fritters a receipt exactly like the above with two changes; liqueur is substituted for the

brandy or rum, and dessert-spoonful of oil is recommended instead of a table-spoonful.

An old English batter is composed as follows:—The yolks of three eggs are beaten up with two table-spoonfuls of milk; to this is added a pinch of salt and a tea-spoonful of sugar with two table-spoonfuls of dissolved fresh butter; then enough flour to make a stiffish paste which must be well beaten and thinned if necessary with some more milk. The whites of the eggs being added, at the end, well beaten to a froth.

And this:—Melt in a saucepan over the fire two ounces of butter in a pint of water, add a pinch of salt and a tea-spoonful of sugar, and—removing the saucepan from the fire—incorporate with it sufficient flour to form a nice batter; when quite cold, mix with it thoroughly a table-spoonful of orange flower water, and the whites of two eggs beaten to a froth.

Other methods of mixing batters are to be found, of course, but I think we can be contented with those I have selected. Number two is to be strongly recommended for fruit fritters: it is the one I selected for the *Culinary Jottings*, and I am told that it has been found satisfactory. The mixture of the brandy or rum is without doubt a very great improvement. People who dislike oil and prefer dissolved butter, can use a table-spoonful of the latter if they like, but if the oil be really good, I can promise them that they will find its taste imperceptible.

For plain fritters, Gouffé's, or either of the two last will be found excellent. Number three is so like number two that its value may be considered the same.

We will now take a simple dish of sweet fritters as follows:—

Mix a good batter from any one of the foregoing receipts, flavour it, if you like, with a few drops of lemon or vanilla essence, and sweeten it with a little more sugar. When to your taste, prepare a good bath of hot fat, or whatever frying medium you are in the habit of using,—really *good* ghee is by no means to be despised, I think,—and when satisfied that

the temperature of the bath is correct, place your frying basket therein and pour a table-spoonful of the batter into the fat *rather slowly*. On touching the heated liquid, the batter will blister up and assume grotesque shapes :* as soon as it turns the pale golden brown tint you desire, raise the basket from the bath, hold it with its imprisoned fritter over the *sauté*-pan for a moment or two to drain, and then turn the fritter out upon a clean cloth, or a piece of blotting paper, to dry thoroughly, placing it in a hot silver dish immediately, and covering it up. Continue the process, spoonful after spoonful, until the batter is finished; then dust over the pile of fritters a delicate frosting of powdered *loaf* sugar, and serve quickly. A napkin, tastefully folded, should be placed in the silver dish to receive the fritters in the first instance.

Now, what have we to mark here? Assuming that the batter has been properly mixed according to my previous advice, the next important points are the quantity, quality, and temperature of the frying medium. The first will vary according to the *size* of the vessel you employ: if you use a large and wide frying-pan, you will want a large quantity of fat, but if you take a small deep-sided frying kettle, just large enough to admit a seven-inch frying basket, your expenditure will be much less. It is *depth* remember, that you require, not *width*, for each fritter should be fried separately. The bath of fat should certainly be quite a couple of inches deep. The colour and crispness of the fritters depend upon this. A shallow pan, with a meagre supply of fat, will turn you out a flabby, mahogany-coloured thing, similar somewhat to the *punneeárum* sold by Mooneeatah at the street corner, but by no stretch of the imagination recognisable as a *beignet*.

Crispness and colour also depend upon the temperature of the bath. If insufficiently heated, dark brown leather will be the

* During the cooking of each fritter, the fire should be vigorously fanned in order to maintain the heat of the fat, and, if possible, increase it.—W.

inevitable result. "Test it as follows," says Gouffé, "throw into it a crumb of bread the size of a nut: if it fizzes and at once produces large air bubbles, the fat has reached the degree of heat required." Of the quality of the frying medium little, I apprehend, need be said; tainted fat of any kind would, of course, produce an effect that requires no description. If the fat then has been sufficiently good, deep, and hot, the next thing is to accelerate the heat, and to note the *colour* of the fritter: stop as soon as a rich golden yellow has been attained. After that there is the draining, and lastly, the dusting of loaf sugar, pounded fine. For *all* dishes belonging to the class we are now discussing, powdered loaf sugar is most essential. The finish it gives to the pile of crisp fritters, a dish of pancakes, or a well turned out *soufflé* is surely sufficient recommendation.

Fruit fritters, if carefully made, are always appreciated. The method of cooking them is, in principle, exactly that which I have just described. A good batter is indispensable, and the directions regarding the frying medium, and the vessel to be used, are precisely the same. The treatment of the fruit, however, must be considered.

As a general rule, all fruit intended to be cooked in fritters should be marinaded in liqueur, brandy, rum, or wine, with a fair allowance of sugar to boot. Let me repeat here what I have said in the "*Culinary Jottings*":—A *ripe* plantain, cut into neat pieces, soaked for an afternoon in any liqueur or brandy, well dusted with sugar, and then fried as already described, after having been dipped in a well-mixed batter, will give you fritters that can be presented without a qualm to the most dainty of *gourmets*. Let them be of the right colour, crisp externally, well drained, bountifully dusted with loaf sugar, and served piled up upon a napkin, and you may positively defy criticism. As for the *marinade* of liqueur, or of brandy and sugar, a liqueur glass is sufficient for a small dish, with sugar enough to cover the surface of the fruit. Turn the slices frequently during the afternoon, and when cooking time arrives,

drain them, pouring the syrup formed by the liqueur and sugar into the batter. No great extravagance surely to produce such a pleasant result.

If you use pine-apple, see that it is really *ripe*, if not, stew the slices in syrup and cut them into strips for your fritters when they are cold. Soak them in their own syrup with a glass of rum.

I would not cut fruit for fritters longer than a couple of inches, thicker than a quarter of an inch, or wider than three quarters of an inch.

**Orange Fritters** are very toothsome. Peel the orange carefully, and remove with the blade of a dessert knife every vestige of the pithy part of the rind. Divide the fruit into quarters, pick out the pips carefully, using the point of a penknife; roll each quarter in powdered sugar, then dip them in batter and fry as already laid down.

Another way is given as follows:—Beat up the white of an egg in a pint of water in a saucepan over the fire and add sugar enough to this to make a rich syrup; strain it, then dip the orange quarters first into the syrup, next into the batter, and fry as usual.

Pears and apples make delicious fritters. If used raw, they must be ripe and sweet. If not in that condition, stew them, cut into nice-sized pieces for fritters, let them be under rather than over done, and soak them in their own syrup with a glass of liqueur or brandy added to it. Drain when required, and proceed as in other cases.

Peaches, apricots, pears, and apples, preserved in tins, in syrup, or in spirit—if carefully treated—make superlatively nice fritters. The system of cooking them is the same as that already described. If plainly preserved for tarts, the fruit will, of course, require a bath of syrup, with a suspicion of liqueur or brandy given to it if possible. Delicate handling will be necessary, for preserved fruit is often rather soft; but the moment the piece has been dipped in batter and plunged into

the bath of fat, the crisp covering that will form round it will protect it securely.

If the peaches be preserved in halves, each piece must be divided; a quarter is quite large enough for a fritter. Our fresh peaches, especially those grown at Bangalore, when nice and ripe, ought to be particularly acceptable when dressed in this style. Split each peach, remove the stone and the skin, and partly stew it: roll the halves (if small) or the quarters (if large) in powdered loaf sugar, dip them in batter, and fry. They may be dipped in syrup instead of powdered sugar, and, better still, they may be marinaded in brandy and sugar, or in any liqueur and sugar. The fritters must be dished upon a napkin, and plentifully dusted over with sugar.

Strawberries are cooked in batter also, after having soaked awhile in brandy and sugar,—there are few morsels more delicious than *beignets de fraises.*

An excellent variety of fritters is produced by making a delicate paste, which is cut into conveniently sized pieces, and fried. Here are a couple of recipes :—

Three table-spoonfuls of floury potato, a quarter of a pint of milk, a quarter of a pint of cream, the yolks of five eggs, the whites of two of them, sugar to taste and half an ounce of butter. Mix all the ingredients together and work them to a smooth paste, set it on a low fire, and continue to stir unceasingly until it is quite thick. When nearly cold, spread it out half an inch thick on a buttered slab, and when quite cold, cut it into fritters. Dip them in batter, and fry in the usual way. The flavour of any essence you like should be communicated to the mixture, in order to decide its name, viz. :—*beignets à la vanille, beignets au rhum, &c.*

**Arrowroot Fritters**:—Half a pint of milk, half a pint of cream, a few drops of almond essence, five ounces of arrowroot, the yolks of five eggs, and sugar to taste,—put the milk and cream into an enamelled stewpan, set it on the fire, and let the

mixture boil: now stir into it the arrowroot (already mixed in a little milk) as quickly as possible, add the almond essence, the yolks of the eggs, and lastly, the sugar. Stir it unceasingly until it gets quite thick, pour it into a baking tin, and bake for ten minutes. Take it out, and when quite cold, cut out your fritters, and finish them as before laid down.

Our American cousins appreciate sweet fritters thoroughly: this is one of their recipes for **Lemon Fritters**. One breakfast-cup of flour, five eggs, quarter cup of cream, lemon essence to taste, quarter cup of powdered sugar, half a tea-spoonful of powdered nutmeg and cinnamon mixed, and a pinchlet of salt. Beat up the yolks of the eggs with the sugar, add the cream, the lemon essence, and the spice; work the flour into the mixture, finishing with the whites of the eggs whipped to a froth. It should be a soft paste just stiff enough to roll out. Roll it out about half an inch thick, cut it up into fancy shapes, and drop them one by one into a bath of boiling fat. They will puff up as light as possible. Drain them as soon as they attain a golden hue, and serve them upon a napkin, besprinkled with powdered sugar.

**For Rice Fritters** another American receipt is given as follows:—One pint of new milk, six ounces of raw rice, three ounces of sugar, four eggs, two ounces of butter, some cinnamon, a few drops of any essence you like, and a pinch of salt. Put the butter, rice, sugar, cinnamon, and milk into a small stewpan, add a few drops of flavouring essence, and simmer the mixture very gently until the rice has absorbed the whole of the liquid. Let it get cool, beat the eggs well and add them to the rice, form the mixture into balls, brush them with eggs, roll them in flour, and fry them a golden yellow in boiling fat, drain, and serve with a piece of apricot jam laid upon each ball and a good dusting of powdered sugar.

**Soufflé Fritters** *(Beignets soufflés)*—called by Ramasàmi "French balls,"—are well worthy of a place among high class fritters. Put three quarters of a pint of water into a saucepan,

with a pinch of salt, a piece of butter, the size of an egg, a table-spoonful of sugar, and a few drops of lemon essence. When the mixture boils, throw in sufficient flour to form a good stiff paste. Take it off the fire, let it rest for ten minutes, and work into it three eggs (one entire, and the whites of the other two whipped to a froth, which should be added last of all). The paste ought to rest for an hour after this, when it should be cooked in this way :—Divide it into pieces the size of a walnut, pat them into shape with two spoons, then drop them one by one into a deep bath of boiling fat. The paste will swell out, and hollow balls of a fine golden tint will be produced if the fat be hot enough. Serve upon a napkin dusted over with sugar. Provided all the rules laid down for fritters be properly attended to, these balls of batter will be excellent.

A receipt for the same dish runs thus :—Three ounces of flour, half a breakfast-cupful of milk, a tea-spoonful of sugar, half a tea-spoonful of grated nutmeg, three eggs, and half an ounce of butter. Make a stiffish paste with the flour, milk, butter and sugar, as in the foregoing recipe, by heating the milk first, and stirring in the flour afterwards. Let it cool for ten minutes; break three eggs, saving the whites of two of them for whipping, and mix the odd entire egg and the two yolks with the paste, adding the whites, whipped to a stiff froth, to finish with. Divide the paste into six equally sized portions, shape them between two spoons, and drop them one after the other into a bath of hissing fat,—plenty of it mind, and the result will be very satisfactory.

**Potato Fritters,** not to be confounded, please, with savoury "potato chips," are well worth trying :—Take two large or three small potatoes, four yolks and three whites of eggs, a table-spoonful of cream, half a glass of Sherry or Madeira, a little cinnamon and a few drops of ratafia flavouring. Boil the potatoes; when nice and floury, drain them very dry, and pass them through a wire sieve into a bowl; add the four yolks, the spoonful of cream, the wine, cinnamon, and flavouring.

Beat the mixture well for at least a quarter of an hour; and then add the whites of the eggs stiffly whipped. Prepare a bath of boiling fat and pour spoonful after spoonful of the batter into it: as each fritter turns a golden yellow, lift it out of the fat, drain it, and serve the pile as usual on a napkin.

It is worth noting that cold pudding can, as a rule, be cut into convenient lengths, dipped in batter, and fried. These fritters are economical and decidedly nice.

Very tasty fritters can be made out of stale cake and specially nice ones out of cold plum pudding. Assuming that you have a dry piece of cake left, and that you want an easily made sweet dish, proceed in this way:—Cut the cake into slices, and divide the slices into convenient pieces for fritters, two inches long, three quarters of an inch wide, and half an inch deep. Tipsify them with any wine you like, or with brandy, liqueur, or rum; then dip them into a nice batter (any one of those already given) and fry a golden yellow: serve on a napkin, a teaspoonful of any nice jam may be laid on each fritter, followed by the dusting of powdered sugar. In the case of plum pudding, the process is the same exactly.

"**Nun's sighs**" *(soupirs de nonne)* are fritters of a most acceptable kind:—Mix together in a saucepan four ounces of flour, and an ounce of fresh butter; add a coffee-cupful of warm milk; stir to the consistency of a thick batter; if too thick (it should coat the spoon well when lifted from the saucepan), dilute with a little more milk. Stir in one ounce of finely sifted sugar, and the rasped peel of three limes with a few drops of lemon essence. Set the saucepan on the fire and gently heat the mixture, thickening it, without boiling. When nice and firm, put it aside to get cold. As serving time approaches, break four eggs into a bowl, separating the yolks from the whites; beat the former, and whisk the latter to a firm froth. Work the yolks into the cold paste, and lastly add the whisked whites. Divide the paste into portions the size of a pigeon's

egg, pat them into a circular shape with two spoons, and fry in a bath of boiling fat till of a rich golden colour. Serve piled on a napkin, dusted with sugar, and send round a hot syrup (as sauce) flavoured with liqueur, brandy, or Madeira, and sharpened with lime juice.

With nearly every recipe I have given in this chapter, a sauce in the shape of a plain syrup, flavoured with brandy, sherry, Madeira, or Marsala, and the juice of a lime, is always acceptable. The sauce should go round in a boat.

# CHAPTER VI.

## *Pancakes and Souffles.*

HAVING thus exhausted the subject of fritters, let me next invite your attention to those pleasant preparations of batter which, according to ancient custom, are specially associated with Shrove Tuesday, to wit:—pancakes. Many recipes are given for mixing them as follows:—

(*a.*)—Work two table-spoonfuls of flour into half a pint of cream, add two eggs, and beat all until quite smooth; put in a table-spoonful of powdered sugar, a little powdered cinnamon, and a little grated nutmeg.

(*b.*)—Beat six new laid eggs with a half a pint of cream, and sufficient flour to make a nice batter; a little grated nutmeg and a few drops of flavouring essence should be given also.

(*c.*)—Three eggs, one pint of milk, sufficient flour to make a batter, a pinch of salt, and a little nutmeg.

(*d.*)—Six eggs, one pint measure of flour, a pinch of salt, a little sugar and powdered cinnamon, an ounce of butter melted, and enough milk to work all into a batter. (American.)

(*e.*)—Flavour a pint of milk with some vanilla essence, break four eggs into a basin, beat them for a minute, add two table-spoonfuls of flour, the milk (boiled) and a liqueur glass of brandy.

(*f.*)—Make a smooth paste in a basin with the yolks of four eggs, the whites of two, and two table-spoonfuls of flour; add a

pinch of salt, a wine-glassful of orange flower water, and dilute the paste till it becomes a nice batter with milk.

Out of these six receipts you can, of course, select one to your fancy: and the mixing of the batter will be easy enough.

The *cooking* of a pancake is, however, quite a thing *per se.* Like the *omelette* this little delicacy *(crêpe)* is not achieved easily. To begin with, the process is carried out in a shallow *omelette* pan, and as little butter as possible is used for the frying. The cook must have a supple wrist, and acquire the knack of turning his pancake by dexterity and nerve. Hesitation, while making a pancake, is fatal. The moment the morsel is ready, it should be served. To enjoy pancakes properly, indeed, they should be cooked in the verandah hard by the dining-room door, and be sent in "hot and hot," as the saying is. Lime juice and powdered sugar is the correct dressing for them.

I recommend a light enamelled iron *omelette* pan, seven inches in diameter at the outside, with sides scarcely higher than three quarters of an inch, sloping outwards. Having prepared your batter, put a pat of butter in your pan, sufficient to thoroughly lubricate its surface when melted, and no more. When it is piping hot, your assistant should be directed to pour in sufficient batter to spread nicely over the pan; a couple of shakes will be enough to do one side, turn it as dexterously as you can, give it a couple of shakes on that side, and bowl it off into a hot dish, to be sent up at once. Any nice jam may be laid upon the pancake on its way to table.

Having, after a little practice, overcome the difficulty that attends the manipulation of a pancake, we can diversify our method of serving it into two or three ways. A **French Pancake** is, for instance, described in these terms:—Beat the whites of six eggs to a froth, beat the yolks also separately, and beat a pint of cream till it is stiff. Next amalgamate the eggs and cream, and beat them well. Put a little butter upon an *omelette* pan over a quick fire, and pour a spoonful of the mixture upon it when it is hot enough: fry the pancake as quickly as possible,

dust it over with sugar, and roll it from the pan on to a silver dish : complete the pile of pancakes, set the dish in the oven where they will rise somewhat, then serve as fast as possible. Any nice preserve can, of course, be served with these pancakes, and the mixture can be flavoured with an essence and sweetened before the frying process.

**Ground Rice Pancakes** are another variation. Put half a pint of new milk upon the fire in a very clean saucepan; when it all but boils, stir in a good table-spoonful of ground rice, previously mixed smooth in a little extra cold milk. Keep the saucepan on the fire until its contents thicken, but do not let the mixture boil; next, pour it into a basin to cool, stirring into it two ounces of butter: when cold, sweeten it with sugar and give it any flavour you like with essence or spice; add two eggs well beaten (whole) and a pinchlet of salt. When thoroughly incorporated, proceed to make pancakes as already explained; sift powdered loaf sugar over the cakes, and serve as hot as you can.

**Omelettes a la Celestine** are, in reality, pancakes made as follows:—Choose any one of the batters already given, and make with it six little pancakes: as each one is made, roll up within it a dessert-spoonful of apricot jam : arrange the six little rolls on a very hot silver dish, dust them over with finely-powdered sugar, glaze them by passing a red hot iron closely over the top of them, pour some brandy round them, set it on fire, and serve in a blaze.

I think I have now said enough about pancakes. It must be pretty evident to all who are sufficiently interested in the matter to follow my observations, that if the *chef* can make a good batter, and can cook a pancake, it is easy enough for him to alter flavours, to enrich the dish with jam, to embellish it with powdered sugar, and to ensure success by serving it as rapidly as he can. So let us pass on to that very delightful subject:—

**The Soufflé.**—It is, I apprehend, needless for me to expatiate upon the charms of this universally popular *entremets sucré*. I

would, however, urge my fair readers to pay particular attention to the notes I am about to place before them, on the following grounds:—The *soufflé* is *par excellence* the kind of sweet that is suited to the cosy home dinner, or party of three or four friends. It is a thing that few men refuse. Sportsmen who, as a rule, shake their heads at creams, trifles, rich jellies, &c., rarely permit a *soufflé*,—a tempting, well-made *soufflé*—to pass them by without recognition. It is so light, so simple, and attractive, that it cannot "lie like lead within the bosom:" while it cannot but afford a pleasant stepping-stone between the pheasant's wing and the Gorgonzola,—or 'twixt the teal and Gruyère.

*Soufflés* can be made, also, at a pinch, when we suddenly require a little addition to our ordinary dinner.

I hesitate, however, in spite of all I have said, to recommend this sweet to those about to compose a *menu* for a large dinner party, on account of the attention it demands on the part of the cook, and the difficulty of hitting off the exact time required for its preparation, so that it may be *just* at its best at the moment it is wanted. The cook knows, for instance, that his *soufflé* will take half an hour, so he puts it into the oven at a venture in the hope that nothing will happen to delay, or unduly hasten, the usual course of the banquet. In nine cases out of ten his calculations will be upset, and the dish will be ready too soon, or it will keep the table waiting. He cannot hurry matters: it is impossible to retard them. "The moment a *soufflé* is done," says the "G. C.," "and has attained its bloom or fulness, it must be served; for when once it ceases to go up, it begins to go down, either in or out of the oven. *Soufflés*, like time and tide, wait for no man." For these reasons then, abstain from ordering *soufflés* for your large parties, unless you have a second sweet to fall back upon in case the *soufflé* fail. At the little home dinner, with but two or three things in the *menu*, the timing of the baking of the *soufflé* may be hit off to a nicety, so you need have no misgivings concerning its success.

To accomplish a *soufflé* satisfactorily it is a *sine quâ non* that you possess a *soufflé* dish; that is, a proper vessel to cook it in. The simplest and least expensive are those made of block tin. One round in shape, five and a quarter inches in diameter, and four and a half inches deep, will be found a good a size for a six-egg-*soufflé*, while one an inch smaller in both measurements will suffice for one of three or four eggs. The former will be found quite large enough for a party of six. It is the custom to wrap a napkin round the tin before serving: this ought to be avoided if possible, for the delay that takes place while the napkin is being arranged is nearly sure to spoil the *soufflé*. The best method to adopt is this:—Either slip the tin into a larger dish of silver big enough to envelop it, or make a nice paper case ready beforehand, with a frilled edge, within which the vessel can be quickly buried. *Soufflé* papers, very prettily contrived, are, of course, sold at all co-operative stores in London, and it is intended that the *soufflé* itself should be baked in the paper case. I, however, think that the tin is the safer of the two for the Indian kitchen. The bazaar tin-man will make you a couple of tins, such as I have described, for a trifle, and if carefully emptied, washed, and *dried* immediately after dinner, they will retain a bright polish for a long time. Our tin utensils are ruined by being washed and put away *wet;* rust soon settles upon them, and then they are done for.

Having procured a proper tin,—and, believe me, you can never make a real *soufflé* in a shallow dish like a pie dish,—the first and easiest example for us to consider is the *omelette soufflée*. The difference between this dish and the *soufflé* proper is that it is composed without any flour or milk: it is, in plain terms, a baked *omelette*. Nothing can be lighter than one of these *soufflés:* if served at the right moment, they rarely fail to please.

Take this recipe for a small one:—Break three eggs, separate the yolks from the whites, beat *two* of the former only with one and a half ounce of powdered sugar, flavour the sweetened yolks with lemon essence or vanilla, and whip the three whites

to a stiff froth; when very firm, mix them thoroughly with the yolks, pour the mixture at once into a buttered tin, put it into a fast oven, and serve it as soon as it has risen to perfection, dusting it over with powdered sugar *en route* to the table.

In the following receipt the proportion of whites to yolks is greater, and I believe it to be a very admirable *soufflé*. Break six eggs; separate the yolks from the whites, putting only *three* of the former into a basin with three ounces of sugar and the flavouring you like best: stir this mixture with a wooden spoon for five minutes. Next, put the six whites into a basin and whip them as stiffly as you can, then mix the froth with the yolks as lightly as possible. It will be a pretty stiff paste. Butter your *soufflé* case, and drop into it the whole of the paste at once, smooth it over with a dessert-knife, and pass the knife all round the edge of the tin, patting the paste towards the centre: put it into a quick oven, and in about ten minutes, it will be ready to serve.

Observe in these *soufflés* how necessary it is to *time* your operations properly: the eggs must not be broken too soon, for the mixture must not lie idle; it must be passed without delay into the buttered tin, and be baked at once in a *quick* oven. Please mark the last point, for some *soufflés* are cooked slowly. The *omelette soufflée* is a *spécialité*, and, I think, less difficult than the other compositions, which I am about to give. It is well worth attention, for it is a really good sweet.

As soon as your cook has mastered an *omelette soufflée* to your satisfaction, he may attempt the *soufflé* proper. In the composition of this dish, flour is used. Connoisseurs declare that potato-flour is the proper ingredient, nevertheless most excellent *soufflés* are made with good ordinary flour, with corn-flour (sold in tins), arrowroot, and rice flour. Of these the last is, perhaps, quite as light as potato-flour. With some the frothy lightness of the *gourmet's soufflé* is not regarded as by any means an attraction, and they prefer a stiffer composition approaching the consistency of a pudding. This effect is easily

obtained by adding a little flour and reducing the number of eggs that may be mentioned in the recipe that may be chosen. These stiffly formed *soufflés* (called by some writers "*soufflé*-puddings") possess one praiseworthy feature:—they do not *fall* as rapidly as their more volatile relatives: you may keep one of them a few minutes before serving, if obliged to do so, without risking its utter ruin. Still, when we speak of a *soufflé,* it is our duty to confine our attention to the real *chef d'œuvre.* Let us then commence with the simplest of all:—"*Soufflé á la vanille.*"

Select a clean enamelled stewpan, put into it three ounces of flour (ordinary flour if you like) well dried and sifted, two ounces of sugar, and a pinch of salt; mix these well together with three quarters of a pint of milk; flavour the mixture with vanilla essence to taste, and set the pan on the fire. Let it come to the boil, stirring well with a wooden spoon until the batter seems velvety and smooth; then remove the pan. Let it get cool, but stir occasionally to prevent a scum settling on the surface. When it is cold, break four eggs; stir the yolks into the batter, working them well into it, and then whip the whites to a stiff froth, adding it to the batter just before the *soufflé* is poured into the buttered tin. Put the tin into the oven at once and bake in a *moderately quick* oven for twenty minutes. Peep at it occasionally, after a quarter of an hour has elapsed in case it may rise more quickly than you expect. The moment that it rises well, take it out, and serve as already described. Do not forget the dusting of finely powdered white sugar.

Some cooks put in a piece of butter with their flour, and some prefer a table-spoonful of cream. The *soufflé* cannot possibly lose by such an addition, but a good result can be produced without either of them. The chief thing to watch narrowly is the oven; it is by no means easy to hit off to a nicety the exact heat necessary to produce a *soufflé* that shall be beautifully coloured on the top, yet not burnt at the bottom; neither too thick at the bottom, nor too custardy at the top. Your cook's efforts are, on this account, sure to be uncertain, a little better

one day than another, according to the state of his oven. After all, the successful achievement of a *soufflé* depends, to a great extent, upon luck.

A *soufflé* of fruit may be described as batter to which a fruit *purée* and sugar have been added, the mixture being baked in the usual manner. Take the following recipe for **apricot soufflé.**

Pass half a pot of apricot jam through a fine sieve, moistening it with a very little liqueur; save the pulp so produced in a cup. Next make a batter as follows:—Put into a stewpan four table-spoonfuls of fine flour, potato-flour, or arrowroot, add a pint of milk, and a piece of fresh butter, the size of a walnut, beat the batter over the fire until it is quite smooth and thick, let it come to the boil, and then take it off the fire, set it in a bowl to cool. When cool, break four eggs, mix the yolks into the batter thoroughly, add the apricot pulp, and beat again; when perfectly smooth, add the whites of the eggs whipped to a stiff froth, pour into your *soufflé* tin and bake.

The pulp of any nice jam thus treated will impart the flavour of fruit to your *soufflé*. A little cochineal may be added to those made of strawberry or raspberry. An orange *soufflé* can be produced by boiling some finely cut up orange peel in the milk; when cold, the juice of a couple of oranges should be stirred into the batter. Marmalade imparts a delicious flavour to a *soufflé* but a little of it goes a long away.

**Chocolate** and **Coffee Soufflés** are specially *recherchés*: first let us take coffee *soufflé*.

Lightly roast two ounces of coffee berries—do not let them turn brown—grind them, and pour over the powdered coffee a pint of boiling milk; stir it well and cover the bowl containing the mixture, let it stand for an hour, after which it should be carefully strained. Mix a couple of tea-spoonfuls of potato-flour with a little of the coffee milk, until quite smooth, at the bottom of a saucepan, stir well, and add the rest of the milk until it begins to thicken, add pounded loaf sugar to taste, and

when the mixture boils, take the pan from the fire. Let it get cold, then mix into the batter a liqueur glass of brandy, and the yolks of *four* eggs: work the batter thoroughly, lastly, adding the stiffly beaten whites of six eggs.

**Almond Soufflé** is a *spécialité,* for it requires no flour, the thickness being provided by the purée of the nut. Take a quarter of a pound of sweet almonds, and five bitter ones, and after blanching them, pound them in a wedgewood mortar to a paste, using a little orange flower water to assist the operation; add two ounces of sugar, and when reduced to a perfectly smooth cream, as it were, incorporate with it half an ounce of fresh butter, then the yolks of three or four eggs, lastly, the stiffly whipped whites of five or six eggs: pour into your *soufflé* tin, and bake immediately.

**Rice Soufflé**:—Boil a handful of rice in a pint of milk, with a stick of cinnamon, and a few drops of any flavouring,—lemon, or ratafia,—until the rice has absorbed all the milk: put it aside to get cold, and work into in the yolks of *six* eggs, finishing off with the whites of *eight* eggs whipped to a stiff froth.

**Maccaroni Soufflé**:—Proceed as with the rice *soufflé,* cutting up the maccaroni into small pieces after it has been boiled. Vermicelli makes an equally nice dish.

Small *soufflé* paper cases two and a half inches wide and one and a quarter inch deep, or china pots of similar measurements, may be filled with any of the foregoing *soufflé* mixtures, baked, and served on a napkin,—one case to each guest. In this way there is less trouble in helping, and the little *soufflés* look most tempting.

With these hints I will conclude the discussion of *soufflés,* and turn to the:—

**Omelette sucrée.**—The simplest *omelette* of this class is made as follows:—Throw into a bowl four whole eggs, and the

yolks of two additional eggs : mix thoroughly, but do not beat the mixture : sweeten it to taste, and flavour it with any favorite essence : stir into it a table-spoonful of cream, and, at the last, add the white of one of the additional eggs beaten to a stiff froth. *The omelette* pan having been meanwhile prepared with a table-spoonful of butter melted to browning heat, pour the *omelette* mixture into it, and, as the under part of the *omelette* forms, as it will immediately, lift it with a spoon quickly, allowing the unformed liquid to run under it; a couple of shakes, if the fire be kept up to 'concert pitch', will now complete the cooking, and the *omelette* may be rolled over into the hot dish at hand to receive it. No fixed form is necessary, but a canopy of powdered loaf sugar is a *sine quâ non.*

The **omelette au rhum** is produced by pouring a glass of rum over an omelette made as above, and serving the dish on fire like a Christmas plum pudding.

The **omelette sucrée au confiture** is accomplished by adding at the moment of rolling the *omelette* into the dish, an allowance of jam such as strawberry, raspberry, apricot, or Brazil-cherry. The jam should be quickly spread over the surface of the omelette while in the pan, and then, as the latter rolls over, it will envelope the jam within its folds. This *omelette* may also be served on fire, with rum or brandy.

## CHAPTER VII.

# *Pastry.*

THE following remarks are quoted from the "*Culinary Jottings*" :—

"Although it is generally admitted that the clever pastry-cook is, like the poet, born, not made; or, in other words, that the art of making really good pastry is a gift, rather than an accomplishment, there can be no doubt that the *chef* of average ability is capable of improving himself by studying the rules which govern this branch of his profession. In no part of his work is Ramasàmi more in need of instruction than in this. His ideas of pastry are, as a rule, very hazy. He is acquainted apparently with two standard compositions alone, which he distinguishes by the terms "butter crust," and "suet crust." The former is a kind of short bread, the latter a humble apology for puff-paste. His selection of the one or the other, if left to himself, is guided by one law:—"butter crust" for sweet things, and "suet crust" for savoury.

Concerning the former, I have but little to say. In my opinion it is so very inferior to puff-paste, that I recommend its use in no branch of cookery whatever. If a cook be wholly incapable of making eatable puff-pastry, he may, of course, be permitted to fall back upon his "butter crust," but I would never allow him to do so unless quite satisfied of his incompetence. "Suet crust," on the other hand, is the "subject of

my story,'' for I think that with a little careful teaching Ramasàmi is capable of achieving very fair results with it.

It can be used for the *vol-au-vent,* for *pâtés, bouchées,* fruit tarts, tartlets, puffs, cheese-cakes, mince-pies, &c., &c.

Let us then run through the 'a. b. c.' of pastry-making, and make sure that our *chef* thoroughly understands the elementary part of this branch of his work :—

First, if you can possibly get one, you should use a marble pastry slab. In Madras the chief difficulty the pastry-maker has to contend against is the high temperature. A jugful of iced water poured slowly over the surface of the slab (since marble retains cold far more readily than wood) is his surest safeguard. In fact, without iced water at his elbow, the cook can scarcely hope to turn out really light puff-pastry. I have heard a good many people speak in high praise of the pastry that they have eaten at certain hostelries on the Neilgherries, and express wonder that similarly excellent *feuilletage* is never placed before them here. Climate has a great deal to say to this, and without wishing to depreciate the talent of the Coonoor or Ooty *pâtissiers,* we must remember the advantages that they enjoy in the matter of temperature.

The next golden rule is that which enjoins scrupulous cleanliness. Everything connected with this department must be as bright and clean as possible.

A third law, which, I think our cooks rarely obey, is the one that demands the careful *weighing* of ingredients. Ramasàmi converses about "cups" of butter and "table-spoonfuls" of flour : I do not think that he is nearly particular enough with regard to the accurate weight of the things he uses. Carelessness in this matter must obviously be the precursor of failure.

The mere manipulation of pastry is, as I said before, a gift : still, every cook should remember that the less he thumps and mauls the dough the lighter it will be, and the quicker the work is done the better.

The pastry-maker should wash his hands before going to work in very hot water, and plunge them into iced water afterwards, drying them well before proceeding to business. The frequent use of iced water to cool the hands while working, will contribute to the success of the undertaking.

It is here essential to observe that a little practice will enable the cook to mix his dough, in the first instance with two strong wooden spoons, or with a wedgewood mortar pestle and one spoon. This I consider a matter of material consequence. Setting aside all hypercritical notions of cleanliness, it stands to reason that the less the paste is touched by the warm human hand the better and lighter it will prove. Similarly, therefore, let the turns in the rolling-out stage be done with two spoons. If the mixing stage were carried out in a roomy enamelled iron pan or bowl set in ice, the spoon process could be easily managed.

Pastry should be made, if possible, in the morning before the real heat of the day has set in. Fruit tarts are far nicer cold than hot, why not make them early then? Or if you like them served hot, why not re-heat them in the oven at the time they are required? For patties, *bouchées*, *timbales*, tartlets, cheese-cakes, &c., this course is strongly to be advocated. The pastry cases ought to be made early, baked at once and put away; in the evening they should be filled with the jam, cheese-cake mixture, or *confiture*, be re-heated in the oven, and sent to table.

A most important feature in pastry is, of course, its baking. Too slack, or too fierce an oven, will destroy all the careful work I have just described. A good hot oven is required, sufficiently brisk to raise the pastry, yet not severe enough to burn or even scorch it. Ramasàmi is inclined to err on the side of extreme heat, which, I think, accounts for those harsh, talc-like slabs of pale brown crust, piled up, one on top of the other, which so many of us are forced to accept as "puff-paste." The higher that these layers of talc have "done raise it uff,"

the more successful does Ramasàmi consider himself. "Erroneous vassal!"—Puff-pastry, cannot be too white, or too volatile; so fragile indeed ought it to be that it should e'en crumble to atoms if stricken with a feather.

And now for a few words touching ingredients:—

The flour used should be the best imported, and in a moist climate, such as this, it is a *sine quâ non* that it should be dried in the oven, and sifted to begin with, for the presence of damp in flour ruins pastry.

One of the chief causes of failure in attaining light crust is the moisture and oiliness of our *butter*. All Madras-made butter is full of water, and even English butter requires close pressure before the pastry-cook dare use it. Butter for this purpose should be firm, not frozen like a stone, but quite hard enough to cut into pieces. A judicious use of ice for this ingredient is therefore unavoidable if you desire to use it with success in pastry. It is on this account, I fancy, that Ramasàmi has discovered that *suet* makes lighter puff-paste in this climate than butter: it is firm, dry, and capable of being chopped up and strewn over the dough; whereas, in nineteen cases out of twenty, the butter he uses is in a semi-state of liquefaction, and utterly unfit to mix with the flour.

If, then, you cannot command a good supply of excellent butter, and undertake that it shall be iced as I have described, you will find it better far, as a rule, to use *clarified beef suet* for all ordinary pastry. Proceed in this way:—Procure as much good, pale yellow, fresh fat from a sirloin of beef (that surrounding the kidney is the best), and cut it into pieces. Place a large saucepan or stewpan on the fire, and fill it nearly full of water; when the water boils, throw in the fat; by degrees it will melt, the skin and impure fragments will sink, and a rich oil will float upon the surface of the water, which should be kept at a simmering pitch. When satisfied that the whole of the fat has melted, suspend operations, take the pan

from the fire and let it get cold; when cold, the clarified fat will become congealed upon the surface of the water. Now take it off in flakes, drain every drop of water from it, and put it into a clean saucepan; melt it again, and strain it through a piece of muslin into an earthenware bowl. The fat will again consolidate in a firm, pale yellow cake, as it were; far harder than butter, though quite as sweet and clean, and the very thing you want for ordinary pastry and delicate *sauté* work. Suet, thus clarified, will keep perfectly good a long time: it is moreover infinitely cleaner and nicer than raw suet freshly *handled* by the butcher, and goodness knows by how many other people.

Keep the bowl of suet in a cool place: in the ice-box if possible.

The fat that is skimmed from the surface of the soup-kettle is just as valuable, for it is generally the melted *marrow* from the broken shin: you do not get much of it, I know, probably a breakfast-cupful, at the outside, but is quite first-rate, and the favourite frying medium of the great Carême. The fat from the under-cut of a cold roast sirloin can be made use of exactly in the same way as the raw suet: clarify it according to the rules already given, and pour it into an earthenware bowl.

Lard is imported here during the colder months of the year; it requires the assistance of ice to regain its original firmness of character, and then, if carefully used, it affords an excellent ingredient wherewith to compose a good light pie-crust.

As I said before, the water used in pastry-making should certainly be slightly iced: it need not be as cold as that we like to drink, but it should be decidedly cold to the touch.

The next thing for consideration is the making of "puff-pastry," for which I think the following directions will be found trustworthy:—

Having all the ingredients at hand, *viz.*:—a bowl of cold,

well-clarified suet, some dry well-sifted flour, a good ripe lime, some salt, and a small jug of iced water,—proceed as follows :—Cool the slab; weigh a pound of the flour and turn it out thereon; make a hollow in its centre and fill it with half an ounce of the salt, and a quarter of a pint of the cold water: mix the flour gradually with water, and when the paste seems about half mixed, sprinkle over it another quarter of a pint of cold water, into which the lime has been squeezed. Stir the dough about briskly now until it ceases to adhere to the slab, and seems pliant and soft, pat it into a ball, and let it cool for ten minutes in the ice-box. While cooling, weigh a pound of the suet, and cut it into squares: take out the ball of dough, and flatten it out about two inches thick, spreading the suet evenly over its surface; then fold the sides of the paste, in four, towards the centre, completely covering the suet, and forming a square. Roll this out on the slab, as evenly and as thin as possible, a yard long, then fold one-third of the length over towards the centre covering it with the other third. This folding in three is called by cooks "giving the paste one turn." Be careful that none of the suet breaks through the edges of the rolled-out paste. Having folded the paste as described, let it lie in the ice-box for ten minutes. Then take it out and give it a couple of turns more, rest it in the ice-box again, and again roll it and fold it twice—five rollings out, and five foldings in three, altogether—lastly, gather the paste into a lump, and roll it out, cutting it according to your requirements.

For very light puffs, *vols-au-vent, &c.*, *seven* turns are recommended by some writers. Keep the dredger at your elbow, and flour your rolling pin at every turn. The sooner the paste is used when completed the better. If you have a little good iced-butter to spare, the above proportions may be altered as follows :—Three-quarters of a pound of suet, and one-quarter of a pound of butter. The yolks of two eggs may be beaten up with the first quarter pint of water with advantage.

Baking-powder may be used advantageously in pastry-

making: here is Yeatman and Co.'s recipe for puff-paste made in connection with their yeast powder:—

Measure three breakfast-cupfuls of carefully sifted flour and two cupfuls of butter. Choose a cool place to work in, see that the flour is good and dry, and the butter firm and free from moisture. Fill two shallow baking tins with broken ice, and set to work in this way:—Put the flour upon a cool slab, mixing into it a heaped-up tea-spoonful of the baking powder; when mixed, form the flour in a ring, as it were, and in the centre throw the yolk of an egg and a tea-spoonful of salt: add a little iced water, and gradually work the flour into it from the inside of the ring, sprinkling additional water as you require it (about one breakfast-cupful altogether) until you have a smooth, fine paste, completely free from all stickiness. Pat this into a lump, and put it into the ice-box for a quarter of an hour; after that, roll it out pretty thickly, the size and shape of a dinner-plate: put the butter upon it, and wrap the edges of the paste inwards, carefully covering the butter. Now turn it upside down, and roll it out very thin; reverse it again, and fold it in three. Place it thus folded upon a clean baking-sheet over one of the pans of broken ice, and lay the other pan of ice *upon it.* Repeat this cooling process between each double turn afterwards, and use the paste as soon as five turns have been completed.

Observe the free use of *ice* advocated in this receipt, although it was composed for English and American kitchens. Instead of the butter, I would try the clarified beef suet; at least, I would do so if I were unable to procure butter sufficient in quantity, of undeniable quality, firm, cold, and quite free from water.

Well then, having succeeded in making a fairly nice puff-paste, what are we to do with it in sweet cookery? I think I may reply,—exactly what is done with it by pastry-cooks in England. We can banish "butter crust" at once, and use our puff-pastry for our fruit tarts, tartlets, mince-pies, cheese-cakes, and puffs; as we improve, we may aspire to "Banbury cakes"

and "Maids of honour"; and if successful with them, we may boldly venture to attempt a *vol-au-vent à la Parisienne.*

To accomplish, however, even the least of these, the cook must have his pastry-cutters, patty-pans, tartlet-pans, &c. The patty-pans should be in different sizes; mince-pies, for instance, are generally made in larger pans than cheese-cakes. With pastry-cutters are made the dainty little *bouchées d'abricots, &c.*, which look so nice when served *en serviette:* the cutters are sold in a small case, fitting into each other, and will be found a cheap and very useful item of the kitchen equipment. I recommend that all small pastry such as puffs, tartlets, cheese-cakes, &c., should be made a size or two smaller than you generally see them. As a rule, a cheese-cake is too large for one person. It is surely better to make little dainties like these of such a size that *one* can easily be eaten: they not only look better when made small, but if not cut, can easily be heated up a second time. Round patty-pans two and a half inches in diameter will be found a very useful size. Thus provided, the following will be found a nice recipe for:—

A dozen small **almond cheese-cakes.** Weigh a quarter of a pound of sweet almonds (shelled) and blanch them, also blanch five bitter almonds; pound them with a little rose-water to a creamy *purée* in a white wedgewood mortar; mix with the *purée* a quarter of a pound of finely-sifted sugar, two ounces of butter, two table-spoonfuls of noyeau, the juice of one lime, and the whites of two eggs whipped to a froth: mix all thoroughly, and pour the mixture into a dozen small patty-pans lined with puff-paste: bake in a brisk oven for twenty minutes and serve on a napkin dusted over with powdered loaf sugar.

**Apple cheese-cakes** are simple:—Pare and core six apples, or take six dessert-spoonfuls of apple jam, or a dozen pieces of apples in syrup. If the apples be raw, you must boil or bake them, and then mash them very smooth: stir in the juice of three ripe limes, the yolks of four eggs, and two ounces of butter. If the apples be fresh, you must sweeten to taste; if pre-

served, the mixture will be sweet enough without sugar: beat the mixture to a cream, and pour it into your patty-pans, lined with puff-paste as in the foregoing recipe.

**Lemon cheese-cake** mixture should be made in this way:—Melt two ounces of butter and stir two ounces of sugar into it; when dissolved, add the juice of two or three ripe limes; mix all well together and pour it into your patty-pans.

A richer recipe runs as follows:—Half a pound of sugar beaten with four eggs (leaving out the whites of two of them) the juice of three limes, and two ounces of butter: put all these ingredients into a stewpan, and stir them until they are as thick as honey, add a couple of spoonfuls of any liqueur, and fill the patty-pans.

An excellent variety of cheese-cake is that served under the title of **Rice cheese-cake**:—Two ounces of best table rice, four ounces of fresh butter, four ounces of sugar, the peel of a lime, four eggs, a coffee-cupful of cream, a spoonful of orange-flower water, and a liqueur glass of maraschino or any liqueur that may be available. When the ingredients have been collected, proceed as follows:—Wash, pick, and boil the rice until it is tender, drain it, when free from water, pass it through your sieve, put it into an enamelled pan, and stir into it the butter, sugar, cream, and orange-flower water; add the eggs well beaten, and mix all together, stirring over the fire till it is thick; then remove the pan, and let it get cool. Line some round patty-pans with some puff-paste, and fill them with the mixture, having added the liqueur (or a glass of good brandy) the last thing. Bake, and serve hot upon a napkin, dusted over with powdered loaf sugar.

A simple cheese-cake is made with mealy **potato** in this manner:—Weigh three ounces of well boiled potato, put it into a bowl, adding to it two table-spoonfuls of sugar, and the juice of two limes; stir a couple of ounces of butter into the mixture, and when smooth, put into it the yolks of two, and the white

of one egg. Line the patty-pans with puff-paste, fill them, bake, and serve as previously described. You may flavour the mixture with almond or ratafia essence, and improve it with a table-spoonful of liqueur.

The richer recipes for cheese-cakes are composed with **curds**, which, as most of you know, are easily made. A little lump of alum put into cold milk, and then set on the fire, will turn milk to a curd as quickly as anything, or two tea-spoonfuls of preserved 'rennet' will turn a quart of milk. The homely method, however, is to boil a pint of water in a stewpan, beat two eggs up with a pint of milk, and add them to the boiling water with the juice of a couple of limes; as the curd rises, skim it off, and lay it on a sieve to drain. With curds you can make :—

**Ratafia cheese-cakes** :—Half a pint of good curd, two ounces of sugar, four eggs, three spoonfuls of rich cream, a little nutmeg, ratafia essence to taste, a table-spoonful of liqueur or brandy. Beat the eggs up with the curd, add the cream, the nutmeg, the ratafia flavouring, and the sugar, mix thoroughly, adding the liqueur or brandy to the mixture just before pouring it into the puff-paste cases.

**Citron cheese-cakes** :—Half a pint of curd, two ounces of blanched sweet almonds, two bitter ones, a spoonful of rose-water, yolks of four eggs, one and a half ounce of sugar, a couple of ounces of green citron, one ounce of ratafia biscuit, pounded or grated to fine crumbs, and a liqueur glass of any liqueur. Pound the almonds with the rose-water, beat the curd smooth, mix them together, throwing in the yolks well-beaten, the biscuit-powder, and the sugar. When thoroughly mixed, add the citron, finely shred, and the liqueur, fill the patty-pans and bake.

But the best cheese-cake of all is the "**Maid of honour**" for which the town of Richmond is celebrated. The following recipe is authentic :—Beat up two eggs, and mix them well with a quart of new milk, boil a quart of water in a roomy stewpan,

when boiling, pour in the eggy milk, and two table-spoonfuls of lime juice: skim off the curd as it rises and drain it upon a sieve; mix the curd with the yolks of four eggs previously well-beaten, a large cupful of cream, a quarter of a nutmeg grated, and six ounces of sweet almond paste; stir all together thoroughly with two ounces of sugar, pour into patty-pans lined with the best puff-paste, and bake.

A better runs as follows:—Turn a quart of milk to curds as in the foregoing recipe, drain it, and when dry, crumble it, pass it through a coarse sieve, and beat it up with four ounces of butter till quite smooth. Mix together now four ounces of sugar, the yolks of five eggs, two ounces of sweet and one bitter almond pounded to a paste with a spoonful of rose-water, and one mealy potato drained dry: when thoroughly blended, combine the beaten curd and butter with it, adding three table-spoonfuls of brandy, and one of maraschino. Line your patty-pans with puff-paste, fill them with the mixture, and bake.

Of the two receipts, I recommend the latter, but both claim to be *bonâ fide* facts from Richmond.

From cheese-cakes we naturally proceed to **Tartlets**; that is to say, little circular patties of puff-paste, in the centre of which a dessert-spoonful of any nice jam should repose. The pastry should be moulded in small round patty-pans. A tartlet is sometimes seen in remote places where the influences of civilization have not been felt,—a queer thing made of short-bread crust, filled with jam, and covered over with a lattice work of pastry strips. Many many years ago, when I was quite a little boy, I thought these so-called tartlets very beautiful. But now I condemn them, especially on account of the *manipulation* of the lattice work. I refrain from harrowing details. If sufficiently curious, walk suddenly into your kitchen when Ramasàmi is at work, and then you will appreciate my advice.

**Bouchées** (literally 'mouthfuls') are tiny patties of puff-pastry, shaped like diminutive oyster patties, and covered with

a little cap of pastry in the same manner. They should be filled with any nice preserve, a heaped-up tea-spoonful of which will be enough, and then be served upon a napkin dusted over with powdered sugar. *Bouchées* and *tartelettes* may be filled with *frangipane,* or with any delicately-stewed fruit, peaches, prunes, or pine-apple for instance.

**Puffs** (called by Mary Jane at home "jam turnovers") are little rolls of puff-pastry, sometimes cocked-hat shape, and sometimes oblong, containing jam or some nice cheese-cake mixture. Roll out some delicately-made puff-paste, till about a quarter of an inch thick or a little less; cut it (for cocked hats) into squares with sides of five inches, put the jam in the centre, and fold the paste over it in a three-cornered shape, by joining two of the opposite angles; press the edges down closely, and brush the surface of the puff over with white of egg, dusting powdered sugar over it while wet. Put the puffs upon a well-buttered baking-sheet, and bake them in a brisk oven. For oblong puffs, cut the pastry into a rectangular shape, five inches long and four wide, place the jam in the centre, fold the long sides together, pinching them together securely, and press the extremities closely also: brush the puff over with egg white, dust it with sugar, and bake.

**Pistachio-nut puffs** are quite fit for a place in the choicest *menu,* if the cook can really make good puff-pastry. The composition with which the puff should be filled should be made in this way:—Weigh two ounces of pistachio-nuts (shelled) and pound them with a spoonful of rose-water, add two table-spoonfuls of finely-sifted sugar, two ounces of butter, and a table-spoonful of cornflour. When these are thoroughly mixed, add the beaten yolks of three eggs, and a coffee-cupful of cream. Mix thoroughly, and lay the mixture upon your paste, covering it as already described.* To embellish the

* With this mixture excellent pistachio-nut cheese-cakes can be made.—W.

puffs, make a cement with the white of an egg and some finely-powdered sugar, brush the surface of the paste with this, sprinkling over it immediately some finely-chopped pistachio-nuts. The pieces of nut will adhere to the puff-paste, and, on account of their delicate green colour, materially improve the appearance of the little *entremets.*

**Fanchonettes** are little puffs of a round shape like miniature mince-pies, they can be filled with any nice jam, or cheese-cake mixture. *Fanchonettes d'abricots*—round puffs, two and a half inches in diameter, filled with apricot jam (a dessert-spoonful) brushed over with white of egg and frosted with powdered sugar, make very excellent little morsels whether hot for dinner, or cold for the supper table or luncheon basket.

**Lemon** or rather **Lime puffs** are easily made. Take four or five limes, four ounces of sweet almonds, and four ounces of sugar. Peel the limes very finely, and boil the peel, then beat it to a paste, add the almonds blanched and minced small, and a quarter of a pound of sugar, with the juice of the limes. Put the mixture into a stewpan and let it simmer till it becomes a thick syrup; when cold, lay a table-spoonful of this in the centre of a small square of puff-paste, fold it into a cocked hat, secure the edges with white of egg, frost the puffs with white of egg and sugar, and bake.

**Banbury Cakes,**—familiar trifles to every one who has travelled from Paddington station to Leamington,—are cocked-hat-shaped puffs containing a mixture not unlike that of a mince-pie. This is a reliable receipt for it :—half a pound of butter beaten to a cream, half a pound of lime and orange peel pared very thin and finely minced, one pound of currants, half an ounce of cinnamon, two and a half ounces of allspice, and a quarter of a pound of sugar. Mix all thoroughly and keep it in a jar, taking what you want from time to time. Half a pound of finely clarified beef suet, cut up into little bits, may supply the place of the butter, and *candied* orange peel may be used instead of the raw lime and orange peel: a wine-glass of

good brandy should be stirred into the jar when the mixture has settled therein. When you make the puffs, follow the directions already given for three-cornered puffs, brush them over with white of egg and dust over it while wet a spoonful or so of powdered sugar.

From **Banbury Cakes** to proceed to **Mince-pies** is natural, for, as far as the composition of the sweetmeat is concerned, they are not very dissimilar. It is, however, our national custom to present the latter at Christmastide only—between the 15th December and 15th January—so people, who are fond of mince-pies, should note the resemblance, and, when the orthodox season has passed, regale themselves with Banbury cakes,—comforting themselves with the reflection that mince-pies, by any other name, will taste as nice. In certain parts of England, the inhabitants attach no little importance to the consumption of mince-pies: some consider it essential that twelve should be eaten between Christmas day and 'twelfth day' in order to secure a lucky new year, a pie a month being the time-honored minimum permitted. Others look upon the cutting or dividing of a mince-pie as singularly unlucky, while to leave a portion of one uneaten would be regarded by many as courting disaster.

Having thus glanced at the social importance of this Christmas *bonne bouche*, the next thing to do, is to consider its composition, our only difficulty being the selection of *one* standard recipe for the mince-meat. I think that the following will be found trustworthy. I choose it on account of its simplicity, and because I have tested its flavour:—One and a half pound of finely minced beef-suet, one and a half pound of best raisins, the same weight of currants, and the same of chopped-apples. Mix these four ingredients in a basin, adding one pound of sugar, and a half pound of mixed candied peel and citron, all finely minced: a liqueur glass of lime-juice may now be sprinkled over the mince-meat, which should be well stirred about with a silver spoon. Next, put half a tea-spoonful of salt

into a tumbler of brandy, and some powdered mixed spice, stir it well together, and then pour it into the bowl. The mince-meat should now be emptied into a large jar, and be covered up for eight or ten days before it is used. It will keep for several weeks, but it should be occasionally looked at, and a glass of brandy stirred in to improve it. A little preserved ginger may be chopped up and added with the citron, &c., it is nicer than the powdered dry ginger that some use.

If your cook can make nice puff-pastry, following the rules I have already recorded, the mere pie-making will be an easy matter. Choose round patty-pans not more than three inches in diameter,—for I maintain that a mince-pie of larger size ought not to be encouraged,—and line them with the lightest puff-paste you can get, rolled out a little less than a quarter of an inch thick. Have ready by your side in a bowl mince-meat enough for the number of pies you intend to make, say, a good dessert-spoonful for each one; stir a table-spoonful of brandy into it before portioning it off, then fill your patties, brush the edges with white of egg, put on the covers rolled about the third of an inch thick, press the edges closely together, brush the tops over with a wet brush, dredge a coating of finely-powdered sugar over them, and bake about half an hour. The patty-pans should have been well-buttered before the pastry was laid in them, and care should be taken not to burn the mince-pies at the bottom.

An effective *entremets* of puff-pastry is presented in the form of a pyramid in this manner:—Roll out some rich puff-paste about half an inch thick, and, with an oval fluted cutter, cut out a series of slabs of paste diminishing in size from a piece nearly large enough to cover the surface of a pudding plate, to a little *fleuron* the size of a rupee. Arrange them on a well-buttered sheet of paper, brush them over with the yolk of an egg, and bake them lightly. When done and quite cold, place the largest piece on a dish, and spread a layer of apricot jam over it; place the next sized piece over the first, and cover it

with strawberry jam, and repeat piece after piece, changing the layers of jam according to taste, until you crown the top of the pyramid with the *fleuron*. If the pieces of pastry have risen nicely in the baking, the pyramid will look decidedly pretty, and be worthy of the name given to it by some French cooks :— "*Gâteau de mille-feuille.*"

The sweet **Vol-au-vent** is a very excellent dish. Like the savoury *plat* of the same name, it depends entirely upon the pastry-cook for its attractiveness, so, unless your Ramasàmi has proved himself to be equal to the task, do not attempt it. Make, with the utmost attention to the rules that have been laid down, a pound of the best puff-paste, and with it make your *vol-au-vent* case in this way. Give the paste six turns, keeping it as cold as you can, and finally roll it out an inch thick: now, with a fluted cutter, cut out a piece of paste, oval in form, the size that you wish the case to be ; turn it over upon a buttered baking sheet, brush the surface and side with a beaten egg, and mark out an interior oval, leaving an inch, margin all round. Let the knife cut this tracing to a depth of a quarter of an inch, and take care that it is clearly defined. Now, put the baking-sheet into the oven, and, when the paste is baked, remove the inner oval (for a cover) which you will find has risen : then scoop out the uncooked paste in the centre of the case, and brush it inside and out with egg again, returning it to the oven for a further baking for about five minutes to crispen the inside. When this has been done, the pastry will be ready. Remember that if the pastry be really well made, it will rise some inches in the first baking, leaving, when the centre has been scooped out, an oval wall three or four inches high.

Having succeeded in making a case to your mind, you can fill it with any nice fruit stewed in *thick* syrup, and dressed with whipped cream. Sweet *vols-au-vent* are served cold, and the whipped cream should be tinted with various colours, and decorated with little pieces of bright jelly. If, accidentally,

the walls of the *vol-au-vent* case should receive any injury, the broken part should be repaired from the *inside,* a little piece of pastry being laid over it with the white of an egg. This precaution is necessary for the appearance of the dish would be spoiled if the syrup of the fruit, or the cream, were to ooze out of the sides of the case.

At the commencement of our discussion regarding pastry, I stated that puff-paste was far nicer as a covering for *fruit* tarts than Ramasàmi's thick short bread. I repeat the opinion now, and urge all who may be interested in the matter to give my proposition a fair trial. I do not mean to assert that indifferent paste,—a feeble imitation of puff-pastry,—is better than the " butter crust" of the native cook, but I maintain that pastry carefully made according to the rules I have laid down, ought certainly to be so.

Here is a recipe for **apricot-tart.** Fill a nice pie-dish with the apricots, give them a liberal allowance of sugar; pour the syrup in with them with a little water if necessary. Roll out a nice piece of puff-pastry; first, cut a thin strip of it to line the margin of the pie-dish ; wet the edge of the dish, and lay the strip round it. Next, cut a piece of pastry,—large enough to cover the whole tart,—rolled out about a quarter of an inch thick. Put this over the fruit, pressing it down round the edges firmly, trim off sharply all overhanging paste, scallop the rim all round with a gigling iron, or mark it neatly with the prongs of a silver fork ; cut a slit in the centre, cover it with any ornament you like, cut out of paste, and bake the tart in a well-heated oven. A short time before the tart is done, brush it over with the white of an egg beaten to a stiff froth, sift powdered sugar over it, and return it to the oven for ten minutes.

The rules observable for one tart are equally applicable to the whole category. Bottled tart fruits are, of course, cooked to a certain extent before they are exported, but it should be understood that the fruit is by no means improved by that

process. A tart made with *raw* fruit is far nicer than one composed of *cooked* fruit. Accordingly when we have an opportunity of making pine-apple, peach, and apple-tarts with raw fruit, we should cover them for baking without previous stewing. Peaches should be peeled and stoned, and all bruised parts should be cut out of them ; apples should be cored, peeled and quartered; and pine-apples should be cut into neat slices, and both the tough central stem and the seed husks should be cut out of them. The Bangalore blackberry (called by some a raspberry) makes a capital tart. A coffee-cupful of water should be poured round raw fruit, and plenty of sugar should be dusted over it. It is, of course, a standing English custom to send round custards, cream, or iced-cream, with tarts, and I think that it is generally admitted that a cold tart is nicer than a hot one.

It is scarcely necessary to say that a glass of any nice liqueur put into the fruit syrup improves a tart exceedingly.

## CHAPTER VIII.

### *Fancy Pastry.*

I NOW propose to say a few words regarding *fancy* pastry, which may be considered as a branch of confectionery rather than of ordinary cookery. In this section of kitchen-work we encounter *brioche* paste, *nougat*, Genoese and Neopolitan cakes, *gâteau de pistache, &c., &c.*, some of which may be served as *entremets sucrés*, and some more correctly at dessert, or as ornaments for the supper table. *Brioche* paste is a delicate composition which requires a good deal of care as follows :—

Make an ordinary paste, as for light dinner rolls, with a quarter of a pound of well-sifted and dried flour, a tea-spoonful of Yeatman's baking powder, and half a tumbler of cold water; mix it a little less stiffly than for bread, and put it in the ice-box. Now take three quarters of a pound of the same kind of flour, put it on your marble slab, make a hole in its centre, and add a salt-spoonful of salt, half an ounce of sugar, two table-spoonfuls of water (to dissolve the salt and sugar,) ten ounces of butter, and four eggs. Mix these ingredients to a paste, and add another egg; mix again, adding another egg, and continue the work till seven eggs in all have been used, by which time the paste should be smooth, and neither too soft nor too hard. Now mix the two pastes together thoroughly, and roll it out on your slab, giving it several turns; let it rest in the ice-box for an hour, then roll it and

fold it again. The paste will now be ready for a number of things, little loaves, rolls, buns, or as pastry cases for *petits vols-au-vent,* jam *rissoles,* and so forth. The ordinary French *brioche* is completed in this way:—Form the paste into balls of uniform size; hollow them at the top by scooping out some of the paste, brush them over with a well-beaten egg, and put a smaller ball of paste in each hollow, glaze them again with egg, and put them upon a well-buttered baking-sheet into a brisk oven for about half an hour. When done, they will look like tiny 'cottage' loaves, of a golden brown tint. Jam, or a rich pudding sauce should accompany them.

The "*brioche au Parmesan,*" I may add *par parenthèse,* is made exactly as just described:—A quarter of a pound of grated *Parmesan* and a quarter of a pound of *Gruyère* should be mixed with the paste.

**Nougat,** a useful paste for pretty sweet dishes, is made in this way:—Blanch three quarters of a pound of sweet almonds in boiling water for three minutes, cool, drain, and peel them; wash and dry them in a cloth, cut each almond crosswise into six equal pieces, and put them on a baking-sheet in a slack oven to dry thoroughly. Now melt six ounces of pounded sugar in a copper pan, adding a tea-spoonful of lime juice. When the sugar is melted, and very hot, pour in the almonds, and mix them together with a wooden spoon. The almonds should come hot from the oven at the time of this operation. Butter a plain pudding-mould slightly, keep it warm externally, and commence to line it with the *nougat* as soon as it is well mixed, by spreading a coating over the bottom and sides of the mould about a quarter of an inch thick. This is a very delicate job, for, as it gets cool, the *nougat* sets as hard as a nut. Some confectioners make an oval piece first to fit the bottom of the mould, and complete the sides in panels, as it were; but this must be done very quickly, or the pieces will not stick together. When cold, turn out the mould, and fill it

with whipped cream flavoured as you like with chocolate, vanilla, fruit, coffee, &c., &c.

**Pâtés aux choux** are nice: put about a pint of water into a saucepan with a few grains of salt, a lump of butter the size of an egg, and as much sugar, with lemon essence to taste. When the water boils, throw gradually into it sufficient flour to form a thick paste; then take it off the fire, let it remain a few minutes to get cool, and stir into it four well-beaten eggs. Butter a baking-sheet, and place the paste upon it in neat little heaps of uniform size, about a dessert-spoonful each, bake them a nice colour, take them out, sprinkle some powdered sugar over them, and return them to the oven for a few minutes. Make an incision in each and fill it with jelly, or jam, or some French "*crème à choux*" made as follows:—Mix a table-spoonful of potato-flour or arrowroot into a pint of milk, stir into it the yolks of six eggs, pounded loaf sugar to taste, and a few drops of any nice flavouring essence. Cook the mixture in the *bain-marie* like a custard, stirring continually until it becomes thick and creamy. If some of this be poured into the *pâtês* you have "**Petits choux à la crème.**"

**Gâteau Napolitaine,** a delicious sweet, may be thus composed:—Blanch and pound to a paste six ounces of sweet almonds, and ten bitter almonds, using some rose water or orange-flower water to assist the operation. Add a pinch of salt, a few drops of lemon essence, four ounces of fresh butter, half a pound of sifted sugar, and ten ounces of flour. When these ingredients have been thoroughly mixed, work them together with the well-beaten yolks of six eggs, and leave the mixture in a cool place for half an hour. Then roll out the paste to a thickness of about a quarter of an inch, stamp it out in rounds, or heart-shaped pieces, lay these upon a buttered baking-sheet, and bake in a well-heated oven: when they are firm, and lightly coloured, take them out, trim the edges, and place one cake over another, sandwich-wise, with a layer of jam between them. The surface of the little sandwiches may

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be ornamented with chocolate icing, pistachio icing, almond icing, rose icing, or any pretty icing you like.

**Savarin Paste** is something like *brioche*:—Put one pound of flour into a basin, make a hole in its centre, and put in two tea-spoonfuls of Yeatman's powder, moistening the surrounding flour with a couple of table-spoonfuls of milk; let this rest a while, then add a coffee-cupful of milk and two eggs, work this into the flour with a spoon, add another egg, then throw in three quarters of a pound of butter, a quarter ounce of salt, half an ounce of sugar, and a little more milk, continue working with the spoon, and gradually add two more eggs. Cut up two ounces of candied peel into very small dice and mix it into the paste. Butter a cylinder mould, strew some finely-chopped almonds over the butter, fill the mould with the paste and bake it in a moderate oven. Let it cool a little, and serve the *Savarin* with a syrup flavoured with any liqueur.

Or:—Bake it in a plain mould, eight inches in diameter, let it get cold, and cut the cake in slices; lay them on a baking-sheet, dust them over with fine sugar, and glaze them in the oven; spread each slice over with apricot jam, and dish them in a circle; fill the centre with a hot *macédoine*, or stew of fruit, boil a claret-glassful of Madeira and a tumblerful of syrup together, pour it over the *croûtes* of *Savarin* and serve.

A *Savarin* tipsified with rum mixed in the syrup is often met with in France under the name of *Savarin au rhum*.

**Génoise Pastry**:—Take a quarter of a pound of the freshest butter, put it in a bowl, and warm it until it can be beaten with a spoon, add to it four ounces of powdered loaf sugar, and beat the two together until a smooth white cream is obtained, then add one egg, and keep on beating the mixture till it is smooth again, then add three more eggs in the same manner. The germ of the eggs should be removed. Lastly, incorporate quickly a quarter of a pound of fine flour with the mixture, and as soon as it is smooth, pour it out to the thickness of half an

inch on a buttered flat tin, which must be put into the oven at once. When done (in about ten or fifteen minutes,) turn out the slab of *Génoise* and put it to cool, under side uppermost, on a sieve. There is some little knack required in beating this paste to prevent its curdling. Should this happen, it can be remedied by beating as quickly as possible until the mixture is smooth again. Take a slab of *Génoise*, spread on the top of it the thinnest possible coating of apricot jam, then a coating of chocolate icing. Put it into a very hot oven for rather less than a minute, take it out, and place it in a cold place to get cool. Then cut it up with a sharp knife in any shapes you like.

**Chocolate Icing**:—Put into a saucepan half a pound of powdered loaf sugar, two ounces of grated chocolate, a teaspoonful of essence of vanilla, and about a gill of water; stir on the fire until the mixture assumes the consistence of a thick smooth cream.

**Pistachio Nut Cake**:—The weight of eight eggs in their shells of finely-powdered sugar, that of two eggs of potato-flour, and the same weight of pistachio nuts blanched and skinned. Beat up the sugar and the yolks of eight eggs well together with an egg whisk, or with a fork, until the mixture assumes a white creamy appearance. Sprinkle in (beating the mixture all the time) half the potato-flour, and add the whites of four eggs whisked to a stiff froth. Then put in, in the same manner, the rest of the flour, the remaining four whites beaten to a froth, and lastly, the pistachio nuts, pounded to a paste, in a mortar. Bake in a slow oven. Meanwhile put the whites of two eggs into a basin with a little lime juice, and six ounces of sugar, well work the mixture with a wooden spoon, and as it gets thin, keep on adding more sugar until you get a smooth paste of the consistency of batter. Lay the icing evenly on the cake with a spatula, put it in the oven for a minute to set the icing, ornament it quickly with strips of citron and preserved cherries, and put it off at once in a cool place.

**Darioles**, or cream cakes, are made in small plain moulds, about two inches in diameter, and one and a half inch deep. Line as many well-buttered moulds of this shape as you require with puff-paste, then make a batter as follows:—Beat up the yolks of six eggs, and stir them into a table-spoonful of flour, adding a little milk and a few drops of lemon essence, and sweetening the mixture to taste; add now a dessert-spoonful of cream for each *dariole,* stir it into the batter, and then fill the paste-lined moulds, allowing for the rising of the mixture in the baking, and bake them for a quarter of an hour in a quick oven. Turn them out upon a napkin when done as carefully as possible.

**Darioles d'amandes**, are a slightly richer variation of the plain kind. The difference, of course, is found in the mixture. The batter is in this case made of seven yolks, half a pint of milk, half a pint of cream, two ounces of flour, and three ounces of sugar, flavoured with the essence of almonds, and enriched by two ounces of butter beaten to a cream. Line the *dariole* moulds with puff-paste, fill them two-thirds full with the mixture, and bake for twenty or twenty-five minutes in a quick oven. The little moulds must be well buttered, or you will find it difficult to turn out the *darioles* without injury. Serve them upon a napkin, dusted over with finely-sifted loaf sugar.

By these recipes you can be guided in making *darioles de pistache,* (flavouring the batter with pounded pistachio nuts), *darioles de vanille,* (with vanilla essence), and so on, through the whole list of flavouring agents.

With the **Brioche** paste already described you can make a few nice *entremets* as follows:—**Brioche à l'Allemande,** a simple sweet which is made in this way:—Make *brioche* enough to nearly fill a pudding mould, bake it as you would a cake, and turn it out of the mould. Pass half a pound of apricot jam through a fine sieve, and put the pulp so obtained into a stewpan, with half a pint of Madeira; boil for three minutes, stirring with a silver spoon. When the *brioche* is

done, cut it level, so that when turned out of the mould it will stand upright; turn it out, and cut it into four equal rounds; spread over each round a layer of the apricot syrup, and replace the slices again, one over the other as formed in the mould; glaze the outside of the cake with some of the rest of the syrup, and serve what may remain in a boat as a sauce. This should come to table quite hot.

**A Timbale de brioche aux fruits** is not difficult. Choose a plain mould and line it with *brioche* paste a quarter of an inch thick. Select any nice fruit you like, apples or pears in quarters, slices of pine-apple, apricots or peaches cut in halves. If the fruit be preserved, you can pack the mould at once with it, dusting it with powdered sugar, and sprinkling any nice liqueur over it. If it be raw, stew it very gently in syrup, giving it a dash of brandy or liqueur. When the *timbale* is filled, cover it with *brioche* paste, fastening the sides securely with white of egg, but leaving an opening in the centre of the cover. Bake the *timbale* in a moderate oven: when done, cover the hole in the top with a *fleuron* of paste, turn it out of the mould, on to a dish, remove the *fleuron*, and pour in a coffee-cupful of hot syrup, flavoured with noyeau; replace the *fleuron* and serve.

**Cannelons** are delicate rolls of puff-pastry, containing any nice jam, cheese-cake mixture, or *purée* of fruit. Roll out some very carefully made puff-paste about one-eighth of an inch thick. Take a dozen small canes (or some pieces of wood turned smoothly in a cylindrical form like a ruler) about three inches long, and one in diameter; butter them well, and wrap a piece of paste over each leaving the ends open, but closing the paste along the side neatly; bake them in the oven, and when set, draw out the canes, and fill the tubes with the *confiture;* close the ends with *fleurons* of pastry, return the *cannelons* to the oven to finish baking, and when done, serve them piled one on top of the other upon a napkin, and well-dusted with powdered loaf sugar. Some cooks cut the paste

into a long strip and fold it round the cane spirally, closing the twist with white of egg stiffened with a little sugar. But a nimble-fingered cook ought to make *cannelons* without the aid of the cane or stick; he should cut his pastry into little parallelograms, two or three inches long, and one or one and a half inch wide; in the centre of these he should put a dessert-spoonful of the *confiture*, then fold the paste over it, closing the ends and joining the sides securely, and *roll* the *cannelons* into form: this operation should be carefully manipulated. The *cannelons* may then be baked, or dipped into a bath of boiling fat and fried like *rissoles*.

**Cannelons d'amandes** are particularly pleasing if nicely made. Follow the directions already given as regards the making of the pastry case; for the preparation to fill them, proceed as follows:—Blanch and peel half a pound of shelled almonds, and six bitter ones; pound them in a mortar, moistening them with the white of an egg: when well pounded, add half a pound of sugar, and three eggs,—one at a time,—mix well, and put the paste in a basin till required.

**Abricots à la Condé,**—a high class sweet dish,—should be prepared in this manner:—Mix four table-spoonfuls of cornflour with one and a half pint of milk, and three ounces of sugar, flavour it with vanilla essence, and stir it over the fire till it thickens to a paste. Take half this paste, spread it on a dish, and let it get cold, then shape it into *croquettes* the size and shape of wine corks; dip them in egg, and crumb them with finely-rasped crumbs. Make a case of *savarin* pastry (previously described) by baking it in a cylinder mould: when turned out, it will form a *socle* an inch and a half high. Strain a tinful of apricots from their syrup, and fry the *croquettes* of cornflour paste in hot fat; arrange the apricots in halves all along the surface of the *savarin*, garnish with the *croquettes*, fill the centre of the *savarin* with the rest of the cornflour paste diluted with boiling cream, garnish its surface with the remain-

ing apricots in a little pile, and glaze the whole with the apricot syrup reduced and flavoured with noyeau.

A quick-eyed disciple will immediately perceive that the cornflour paste and *croquettes* can very well be dispensed with. A less troublesome and, to my mind, a nicer dish would be this:—Make the *savarin,* decorate the top of it with the apricots, and fill the centre of the circle with a *purée* of apricots enriched with cream, and flavoured with noyeau. But then we could not call our *entremets* "*abricots à la Condé.*"

**Mazarin**, another fancy paste, is made in the style of *Savarin.* Make with a quarter of a pound of flour, and a teaspoonful of Yeatman's baking powder, an ordinary dough as though for rolls; and with three quarters of a pound of flour make a rich paste as follows:—Three quarters of a pound of flour, half a pound of butter, a coffee-cupful of warm milk, half an ounce of sugar, and a pinch of salt: work the whole together, adding eight eggs one after another, and then amalgamate the two pastes. Butter a plain pudding-mould, strew it with almonds sliced in thin strips, half fill the mould to admit of the rising of the pastry, and bake. Make a sauce in this way: put half a pint of plain syrup into a stewpan, with a claret-glassful of rum, and two ounces of finely chopped candied citron; boil, and thicken the sauce with three ounces of the best butter. Now turn out the cake, and cut it into two pieces horizontally across the centre, pour some of the sauce upon each piece, and let the cake absorb the liquid; continue to add sauce until the whole of it is expended; leave the drained citron mince on the surface, re-place the two pieces in their original form, put the cake on a napkin, and serve.

**Gâteau à la Montmorency** is very similar to the above:—Make dough as for rolls with a quarter of a pound of flour, and add to it a rich paste made of three quarters of a pound of flour, half an ounce of sugar, three quarters of a pound of butter, ten eggs, and a coffee-cupful of warm milk. Amalgamate as in the previous recipe. The *spécialité* is that you must

mix a quarter of a pound of chopped crystallized *cherries* with the paste before you consign it to the mould. The sauce is made of one pint of syrup, and one pint of Kirschenwasser, boiled together, which should be served in a boat, hot.

Here is a simple little dish to finish our notes on fancy pastry :—

**Mirlitons à la Marquise** :—Take three eggs, beat them well, and mix them with their own weight in butter, flour, and sugar : beat the mixture with a fork, and when well-worked, lay half the paste in a buttered baking tin, set it in the oven, and when sufficiently set to stand it, spread over the top of it a layer of apricot, or any nice jam ; over that put the remainder of the paste, and bake it till quite set ; then cover its surface with chocolate icing, leave it in the oven for a minute, take it out, let it get quite cold, and, with a sharp knife, cut the tablet into narrow strips. These little sweets are nice served in any manner :—For luncheon, dessert, supper, or as an *entremets sucré* upon a napkin.

# CHAPTER IX.

## *Puddings.*

THE subject I approach under this heading is both comprehensive and important. It is one, however, which does not present many difficulties. If given a good receipt, and all the ingredients necessary to carry it out, few cooks will fail, I think, to present a good pudding. It is, moreover, a branch of the culinary art in which many ladies are interested; the consequence of which is that *entremets* of this description are far better treated, as a rule, than soups and entrées. The advice contained in ordinary English domestic cookery books, too, can generally be followed easily enough. What we chiefly require here, I think, is a selection of a few good puddings, and a classification of them in order to assist that selection. Lady-housekeepers must often feel puzzled when endeavouring to choose a new pudding out of the hundred recipes given in their "Miss Acton," or "Mary Hooper," wherein baked and boiled, rich and plain, and elaborate and simple, are mixed together in one category. In offering my assistance, therefore, I propose to separate boiled from baked-puddings; and in each class, as it were, to divide the richer and more expensive recipes from those that can be recommended for ordinary occasions. Taking the boiled first, it will be perhaps as well to jot down a few standing rules for Ramasàmi's guidance.

See that the table, spoons, cups, bowl, basin, mould, in fact that all the accessories are as clean as possible.

Always use a bowl, or a mould, in preference to a cloth, and see that, before you commence operations, it is well buttered.

Pudding cloths are nevertheless necessary for the envelopment of puddings boiled in a bowl or basin, so it is very important that they should be scrupulously clean. They should never be washed with *soap*, a good scalding in boiling water, and thorough rubbing in two or three changes of water afterwards, is the correct method of cleaning them; when washed, rinse them in clean cold water, wring them dry, and hang them in the sun. On no account should the cloths used for puddings be sent to the dhoby, for that individual will throw them with the maty's towels, the kerosine lamp cloths, aye, even the maty's "ownself dirty clothes," into one and the same vessel, and boil them together.

Before using a pudding-cloth,—if assured of its cleanliness,—dip it in boiling water, squeeze it dry, and dredge it with flour.

Unless you possess a mould with a close-fitting cover, you must either steam your pudding,—*i.e.*:—Place the mould three parts deep in boiling water, supporting it securely on either side, and adding boiling water every now and then as the original supply wastes; or you must tie the mould up tightly with a pudding-cloth as you would a basin.

Put the pudding into boiling water to begin with, and maintain that temperature throughout the process. The frequent fault of boiled-puddings, remember, is that they are not sufficiently done.

If you boil a pudding in a cloth without a mould or basin, you must move it about in the boiler now and then, or it will stick to the bottom of the pan.

It should be noted that sugar, butter, and suet become liquefied in the process of boiling; the consequence is that, if their proportions be exceeded, it becomes highly probable that the pudding will not set firmly. Many of my readers have experienced the pleasure, no doubt, of the pudding being served in a

crumbled state and Ramasàmi's admission:—"Din't stand uff prâperly the pudding," is, of course, well-known. This failure may generally be attributed to too much sugar and suet, and too few eggs in proportion to the flour or bread-crumbs. Whilst guarding against this mistake, however, be careful lest you err in the other extreme, and make the pudding too stiff and heavy by overdoing the allowance of flour. By following the recipe before you accurately, and by *weighing* each ingredient carefully, you ought to be quite safe; the only thing, indeed, in which error is possible is the number of eggs. These, we all know, vary in size, the finest egg of the country-hen cannot be reckoned as equal to the one mentioned in an English cookery book, while the ordinary bazaar-bought egg may be considered scarcely better than half its value. For this cause I always hail with satisfaction a recipe that speaks of the ingredients according to the *weight* of the eggs (in their shells) that may be used.

Very presentable puddings can be made without eggs, they require just enough milk to mix them and no more, and must be boiled for three hours. Yeatman's baking powder supplies the place of eggs with great success.

Currants used in puddings must, of course, be picked, plunged into boiling water, drained, and rubbed in a well-floured cloth; they should then be dried in the oven for a few minutes. The hot water bath not only cleans them after the picking, but it also "plumps" them, *i.e.* causes them to swell. Raisins and prunes should be stoned, scalded, and dried in a floured cloth. Almonds should be blanched, peeled, scalded again, wiped with a clean cloth, and sliced with a knife and fork.

In mixing bread-crumbs, pounded ratafias, and other biscuits, with milk for puddings, let the milk be poured boiling hot over the crumbs, &c., and cover the basin containing the mixture with a plate, so that the bread may soak, and thoroughly absorb the milk.

It is not necessary to grate crumbs for a pudding, an operation which some people dislike on account of the *manipulation* that it entails. Cut up the bread in slices, removing the crust, put them in a china slop basin, and soak them in boiling milk: when the bread has absorbed the milk, you will be able to work it to a pulp with a silver fork.

Use suet freshly purchased and clarified, mutton suet may be employed, some people indeed consider it better and lighter for puddings than beef, but *marrow,* when obtainable, is nicer than either.

It is, on the whole, safer to moderate the allowance of sugar in a pudding than to act up to the full amount recommended in a recipe. It should be remembered, in addition to what I have already said, that some sugars are more effective than others; and, if required, powdered loaf sugar can always be handed round. You see people take powdered sugar with the sweetest plum-pudding, "for 'tis our nature to"; and the sauces which generally accompany puddings are full of syrup. There is yet another reason:—gentlemen, as a rule, dislike a very sweet pudding, and ladies seem to be less fond of them than they formerly were.

For first class puddings it will be found decidedly advantageous to simmer the currants, raisins, citron, candied peel, &c., in a little brandy, rum, or wine. Having cut up the preserve according to the directions that may be given, put the mince into a small saucepan, with a wine-glass of wine or brandy; put it upon the fire and stir quickly until the fruit has absorbed the liquor, then take it off the fire, let the fruit cool for a minute or two, and then stir it into the pudding the last thing.

Puddings made with bread-crumbs ought not to be so tightly tied up as those that are made of flour, &c.; for the crumb swells in the boiling. On the other hand, batter puddings should be covered as closely as possible.

The eggs used in puddings should be as fresh and sweet as procurable. There is, I know, a saying among cooks to the effect that an egg, unfit to be sent to table boiled in its shell, is quite good enough for an *omelette* or a pudding. Buttermen at home sell "pudding eggs" in a class inferior to their "new laid breakfast dittos." The idea is nevertheless an erroneous one. A pudding will be all the better if made with fresh eggs, and, to add to its lightness, it will be found a good thing to beat the yolks and whites separately, and *strain* them, before mixing them with the pudding ingredients.

When the pudding is done, take it from the water, plunge the basin or mould in which it has been boiled suddenly into cold water, then turn it out immediately. If you do this, it will prevent its sticking to the mould. Serve it as soon as you can after it has been turned out.

During *boiling* the cook must remember to keep sufficient water in his boiler to *cover* the pudding. Water that he adds must be boiling. If he were to throw in cold water, ebullition would be checked to the detriment of the pudding.

As about three hours are fixed as the period necessary to boil a pudding properly, the best time to make one is immediately after luncheon, when I strongly recommend my lady-readers to superintend the *mixture* themselves. The task is an easy one. Let all the ingredients be ordered beforehand. The weighing of each thing is a matter quickly disposed of, and the mixing of them in a bowl is soon accomplished. The mistress of the house is, in this way, able to make sure that all the things have been used, especially *the glass of wine* that may be included in the recipe, while she can satisfy herself that the operation has been conducted with cleanliness, and that the pudding cloth is beyond suspicion.

Having thus considered the rules which the cook should observe in making and boiling puddings, the next step I propose to take is that of classification. Let us divide boiled

puddings into three distinct classes, placing in the first, rich compositions such as Christmas plum pudding, and others of a superior kind; in the second, good yet slightly plainer recipes; and in the third *bonâ fide* plain puddings suitable for the nursery or sick room.

I think it as well to restrict our category to twenty first-class, twenty-five second, and fifteen third-class recipes. It would be bewildering to follow the English Domestic Cookery Book further. In a section by themselves, I will place fruit puddings of the dumpling description. Acting upon this arrangement, let us commence with :—

## Puddings,—Class I.

The puddings that I propose to consider in this class are those which require ingredients more or less expensive, such as wine or liqueur; candied peel or citron; preserved dessert fruits, apricots, cherries, and greengages; cream; a large number of eggs; and so forth. In some instances puddings belonging to this class can also be composed less expensively. Take, for instance, plum pudding, which, as you all know, may be made according to numerous recipes, varying in richness from the top to the bottom of the culinary scale. If, therefore, the receipts I am about to give appear too costly, remember that they are essentially dinner-party *entremets,* and are not recommended for ordinary occasions at home. The name of my first recipe is very familiar, but I think that the pudding is not often mixed as follows :—

**Cabinet pudding.**—Break the yolks of ten eggs into a bowl, beat them together for a minute and add, while stirring, three ounces of sugar, a pint and a quarter of milk, and a liqueur-glass of kirsch, or cherry brandy: turn it to a custard, and strain the mixture through a fine sieve into another basin. Next, stone two ounces of raisins; pick, wash, and dry one and a half ounces of currants; and cut up into dice three preserved apricots, and two ounces of crystallized cherries. Toss the

mince over the fire in a pan with a glass of brandy, or liqueur, until the fruit has absorbed the liquor. Now, butter a plain pudding mould, put a round of paper at the bottom of it, and arrange upon that a layer of the mixed fruit; over that, place a layer of sliced spongecake, and continue the system of layers of fruit and cake, alternately, until the mould is two-thirds filled; then pour in the custard slowly, let it soak into the cake for an hour, adding custard if necessary, and after that, steam the pudding gently in the *bain-marie* for one hour: turn it out upon a dish, and serve with:—

**Cabinet sauce**:—Put eight yolks of egg in a stewpan, with half a pint of plain syrup; stir over a low fire until the mixture coats the spoon, add a wine-glass of kirsch or cherry brandy, strain the sauce through a fine sieve, and serve it in a boat with the pudding.

*Note*:—When the mould is ready for the *bain-marie*, the cook should cover the bottom of it with buttered white foolscap, a clean cloth should then be tied round the mould with its ends fastened over the mould, clear of the water.

In other recipes for first-rate Cabinet puddings you will find ratafias recommended as well as spongecake, and the flavouring of vanilla, instead of that of kirsch, and curaçoa. Cream is given instead of milk for the custard sometimes, with *crême de vanille* liqueur, and essence of vanilla to flavour it. Be the variation what it may, however, the principles of the pudding remain the same, *viz.*:—layers of dry cake or biscuit, with minced preserved fruits between them, filling a mould three parts full; then a rich custard, delicately flavoured, moistening the packed mould thoroughly, filling all interstices, and the part of the mould not occupied by cake; lastly, the whole consolidated by gentle steaming, and served with a rich wine, or liqueur-flavoured sauce. Bearing the thread of the narrative in your head, so to speak, you can, of course, accommodate your ingredients to your resources and make a capital home or nursery pudding with bread instead of cake, an ordinary

custard flavoured with vanilla or almond essence, and some currants and raisins.

"**Pudding" a la Viennoise**, as propounded by Francatelli, is a very superior high class pudding :—twelve ounces of white bread-crumb cut into dice, two glasses of fruity Madeira, the rind of two limes, very finely peeled and minced, two ounces of sweet almonds, (shelled) and half an ounce of bitter ditto, well pounded, six ounces of raisins, and a burnt sugar *(caramel)* custard made of six yolks, a pint of cream and two ounces of burnt sugar : the whole sweetened with six ounces of sugar.

Put the bread-crumb, pounded almonds, lime peel, raisins, and six ounces of sugar into a basin, pouring the Madeira over them, and covering the mixture with a plate to preserve the *bouquet* as the ingredients combine, and soak. Next brown two ounces of sugar in a stewpan, stirring continually with a wooden spoon until a rich coffee tint has been attained, then add the pint of cream, stir it well, and (over a very low fire) pour in the six yolks previously beaten and strained : proceed with these to make a rich custard, which should be poured into the basin containing the previously mentioned ingredients. Butter a mould, ornament it with candied peel, or citron strips, fill it with the mixture, and steam for an hour and a half.

For **Viennoise sauce** :—Put an enamelled saucepan into your *bain-marie,* containing the following :—the yolks of four —or, if small, of five—eggs, an ounce of fresh butter, two ounces of powdered loaf sugar, and a wine-glass of cream ; stir the mixture briskly as it gradually becomes hot and thickens, lastly, stir into it a wine-glass of Madeira, and pour it over the pudding.

The proportions given for this pudding and sauce, may be reduced exactly one-half for a small dinner.

"**Pudding" d'amandes** is another delicious sweet for special festivals :—Blanch and pound together one pound of sweet almonds (shelled), ten bitter ones, and a table-spoonful of

orange-flower, or rose-water: beat up well the yolks of seven eggs, and the whites of three, separately; mix them into half a pound of fresh butter, melted, adding a quart of cream, and a quarter of a pound of powdered loaf sugar. Incorporate the almond paste with this mixture, thickening it somewhat with three table-spoonfuls of white crumbs, or pounded ratafias, and a table-spoonful of finely sifted flour. A pinch of grated nutmeg and a glass of noyeau should be given last of all. Mix all together thoroughly, butter a mould, pour in the mixture, and let it boil for half an hour, turn it out, and serve with :—

**Noyeau sauce**:—Make a syrup with three ounces of sugar, and a breakfast-cupful of water,—if too thick, add a little more water. Boil with the syrup the finely peeled rind of a lime, add the juice of the lime, and a dessert-spoonful of cornflour, separately diluted with a little water. Now stir the mixture for a couple of minutes, and strain it into a hot sauce boat, adding a wine-glass of noyeau just as you serve.

As in the previous recipe, the pudding ingredients may be reduced one-half, and instead of the cream, fresh milk, or milk and cream combined, may be employed.

Worthy of our closest attention is **Fig-pudding** *("pudding" aux figues)* for, since the dried Smyrna figs of which it is composed are a delicacy in India, it may be regarded as one of our best:—Take two ounces of flour, and of bread-crumbs six ounces; shred half a pound of suet very small indeed, and cut up one pound of dried figs into little pieces; mix these well together with five well beaten eggs, half a pound of sugar, and sufficient milk to make a smooth, but not a gummy paste; finally give it a pinch of grated nutmeg, and a glass of noyeau. Put it into a well-buttered mould, press it down closely, cover the bottom with a buttered paper, tie it up in a cloth, and steam it very carefully for four hours.

**Lime sauce** goes very well with fig pudding:—Put three table-spoonfuls of sugar into a stewpan, with the very finely

peeled rind of a lime, and a breakfast-cupful of water; simmer till a fine syrup is produced, and then add the juice of two limes and a liqueur-glass of brandy. A drop or two of cochineal will improve the colour of this sauce.

The **Madras Club pudding** (called "St. George" after the Club crest) is a good one:—Eight ounces of spongecake; two ounces of pounded ratafias; two ounces of bread-crumbs; six eggs, four ounces of finely-chopped suet; four ounces of preserved apples, four ounces of currants, two ounces of raisins, four ounces of mixed dried fruits, five ounces of sugar, one ounce of candied orange peel, one ounce of preserved ginger, the juice of a lime, a few drops of almond essence, half a wine-glass of brandy and a liqueur-glass of curaçoa. Stone the raisins, wash, pick and dry the currants, chop the suet as small as possible, and mix with them the spongecake (crushed to crumbs), the pounded ratafias, and the bread-crumbs; add the candied peel shredded, the apples cut into dice, the dried fruits and ginger minced, the five ounces of sugar, the almond essence, and a salt-spoonful of salt with a pinch of nutmeg. When all the ingredients are well blended, stir the mixture together with eight well-beaten eggs, the brandy and curaçoa, and half a pint of milk. Butter a pudding-mould, fill it with the mixture, cover the bottom of the pudding with a sheet of buttered white foolscap, tie it up in a cloth, and boil for four hours. Turn it out, and serve with **Sauce royale** as follows:—

Beat eight ounces of butter to a cream, sweeten it with two ounces of finely-powdered sugar, add half a liqueur-glass of brandy and the same of Madeira: keep it quite cold, and serve it in a boat.

A fine old composition is that called **Sir Watkin's pudding,** the *spécialité* of which is apricot-jam. Mix together in a bowl two ounces of chopped candied peel, four ounces of suet finely shredded, four ounces of fine white crumbs, one table-spoonful of flour, three ounces of sugar, two ounces of apricot-jam, a

liqueur-glass of curaçoa, a dessert-spoonful of milk, and four fresh eggs. When thoroughly mixed, put the ingredients into a buttered mould, and steam for three hours. The sauce to accompany should be :—

**Apricot sauce** made as follows :—Put half a pot of apricot-jam into a saucepan, with half a pint of water, and a claret-glassful of Madeira, or brown sherry : boil all together, stirring well, then strain and serve.

Observe that all good puddings require a sauce : sweet sauces are generally easily made, and care should be taken not to omit them.

**Sultana pudding** may be considered a member of this class if the following recipe be followed :—

Butter a pint or quart mould, according to the size of your party, arrange therein, in a neat pattern, a number of Sultana raisins that have been carefully picked, washed and dried. Next begin to pack the mould with layers of spongecake, cut in slices to fit it, sprinkling some finely-shred suet over each layer, and some fruit, such as crystallized apricots, greengages, or cherries, cut into small dice; when nicely packed, pour gently into the mould a rich custard made of the yolks of six eggs *per* pint of milk, and flavoured with vanilla, lemon, or ratafia essence. Let the cake absorb the custard, and then add sufficient to fill the mould well. The pudding should then be covered in the usual way, and steamed for about an hour and a quarter. An ornament cut out of citron may, if liked, be placed at the bottom of the mould to start with. The excellence of the dish depends upon the richness of the custard, a coffee-cupful of cream may, therefore, be added to it without hesitation; and the general tone of the composition will be improved if you toss the minced fruit in rum, or any nice liqueur, over the fire, until the dice have absorbed the liquor.

**Madeira sauce** may be served effectively with Sultana pudding :—Make half a pint of clear syrup with white sugar

and water, stir into it half a pint of Madeira, add the juice of half a lime, boil the mixture up, and serve piping hot.

*N.B.*—Sultana pudding for the nursery may be made with slices of bread instead of spongecake, and a plain custard made of three yolks to the pint of milk, a little cornflour or arrowroot being added to ensure stability. Instead of the fruit a little jam or marmalade may be spread over each slice of bread. The suet must not be omitted.

**Amber pudding** is a favourite sweet *entremets* which ought not to be forgotten :—Shred finely half a pound of dry suet, and dredge some flour over it to prevent the minced atoms adhering to one another. Mix it with a quarter of a pound of flour, four ounces of bread-crumbs, two table-spoonfuls of sugar, five eggs well beaten, the juice of a lime, and half a tin of apricot or orange marmalade. The amber tint is obtained, of course, from the last named ingredient. Beat the whole together, finishing the operation with a glass of Madeira or sherry, or a liqueur-glass of any white liqueur. Put it into a well-buttered mould and boil slowly for three hours.

**Apricot sauce,** or **orange marmalade sauce**—(according to which preserve may have been used in the pudding) should accompany. The latter is made in this way :—Take two large table-spoonfuls of the marmalade, put them into a small enamelled pan with a wine-glass of sherry, marsala, or Madeira, another of water, and two dessert-spoonfuls of sugar ; boil till the sugar is dissolved, and serve hot. If a thick sauce be desired, the effect can be achieved by the addition of a little arrowroot.

This leads me to **Orange marmalade pudding**:—Beat up five eggs with a quarter of a pint of new milk, and a quarter of a pound of sugar ; when thoroughly mixed, stir into it half a pound of finely dried and pounded bread-crumbs *(chapelure)* and five ounces of suet. Incorporate these ingredients thoroughly, and continue the stirring till they are smooth ; lastly,

adding half a pot of marmalade, and a glass of white wine. Pour the pudding into a mould, and steam for three hours. Pounded biscuit may be used instead of the *chapelure,* and a couple of ounces of pounded ratafias would improve the pudding in any circumstances. The previously mentioned sauce should accompany.

**Victoria pudding** is a capital standard sweet of the first class :—Blanch and bruise about six bitter almonds, cut the rind of a lime very thin indeed, and put both into a stewpan with a pint of milk; stir it at the side of the fire, or over a very low fire, until boiling point is nearly reached; that is to say, until frothy bubbles begin to form upon the surface: by that time the milk should be thoroughly flavoured. Next, strain it off into a bowl containing six ounces of finely grated white crumbs, and add three table-spoonfuls of sugar, one table-spoonful of brandy, and five well-beaten eggs. Butter a mould thickly, flour it, and arrange therein, as tastefully as you can, a nice device with sliced citron, dried cherries, and well-picked raisins: pour in the pudding carefully when it is quite cold, cover it, and steam it slowly for one hour and a quarter. Turn it out, and serve with melted red currant jelly, or with :—

**Victoria sauce** made as follows :—Beat the yolk of an egg with three table-spoonfuls of cream; boil a table-spoonful of white sugar in sufficient water to make a nice syrup; take it off the fire and stir into it the cream and egg; add a dessert-spoonful of curacoa; replace the saucepan, and beat the mixture it contains until it begins to thicken. When of the consistency and appearance of rich cream, the sauce will be ready to serve.

There is another recipe which claims the name of our Queen Empress :—Mix together thoroughly four ounces of bread-crumbs, three ounces shredded suet, two ounces of sifted sugar, three eggs, the juice of a lime, a pinch of salt, and four ounces of any nice jam. When thoroughly incorporated, the mixture

should be poured into a well-buttered mould, and boiled for three hours.

**Windsor Sauce**:—Mix two tea-spoonfuls of cornflour, or arrowroot, with half an ounce of butter, and a breakfast-cupful of hot water; stir into it a table-spoonful of the jam used for the pudding, the juice of a lime and a table-spoonful of brandy, simmer the sauce for five minutes, strain it, add a pat of butter the size of a rupee, and pour it steaming hot over the pudding.

**Trinity College pudding** is eloquent of the luxury of the "high table":—Mix together eight ounces of finely-shred suet, eight ounces of grated bread-crumbs, two ounces of crushed ratafias, a quarter of a pound of carefully stoned raisins, a quarter of a pound of well-picked and dried plums, a quarter of a pound of sugar, two ounces of shred citron and candied peel, a table-spoonful of flour, a salt-spoonful of salt, and a tea-spoonful of grated spice. Mix well and work into these ingredients the well-beaten yolks of seven eggs, the whites of two, and a glass of brandy. Put the pudding into a well-buttered mould (which it should completely fill), cover it with a cloth, plunge it into boiling water, and boil quickly for three hours.

**Regent's sauce** may accompany the above, I think, very pleasantly:—Beat up the yolk of an egg, with a quarter pint of cream, add a table-spoonful of rum, a dessert-spoonful of sugar, and a few drops of vanilla essence: mix thoroughly and serve.

But **Regent's pudding** is the proper one for it:—Grate two ounces of cocoanut, mix with it two ounces of finely-grated bread-crumbs, two ounces of flour, three ounces of shredded suet, a table-spoonful of well-picked currants, a table-spoonful of chopped raisins, a pinch of salt, and a table-spoonful of sugar. Mix these ingredients together in a bowl, stirring into them four eggs, and a couple of table-spoonfuls of cream. Pour the mixture into a mould and boil it for about three hours.

The **Christmas Plum-pudding** may be regarded as the *pièce de résistance* in our consideration of rich boiled puddings :—The difficulty of course is *the choice* of a recipe. "In almost every family," writes an author of note, "there is a receipt for a plum-pudding which has been handed down from mother to daughter, through two or three generations, and which never has been, and never will be, equalled, much less surpassed, by any other." And I may add that in every domestic cookery book an infallible recipe is to be found for this the most popular *entremets sucré* of the English nation. I accordingly choose the best I can find, and leave my patronesses to judge for themselves :—

First, be sure that all your materials are beyond suspicion, especially the eggs. Christmas puddings are better boiled in moulds, although the ancient dish is represented round in shape, evidently having been boiled in a cloth. Butter your mould well, and fill it thoroughly with the pudding mixture; cover the bottom of the mould with buttered paper, and then envelope it in a well-floured pudding cloth, as sweet and clean as cold water and fresh air can make it. When bread-crumb is used, *which makes a pudding lighter than flour*, a little room should be allowed in the mould for expansion, so do not tie the pudding up too tightly. A pinch of salt should always be added, for it brings out the flavour of the ingredients. Turning out will be a less dangerous operation if, in the first instance, the mould be liberally buttered, and if, in the second, the pudding be quickly plunged into cold water when it is lifted from the boiling water. If well made, a really good Christmas pudding will keep for months; it should be boiled for six or eight hours a few days before Christmas day, and, when wanted, returned to the mould (well-buttered) and boiled again for two hours.

Take one and a half pounds of bread-crumbs, half a pound of flour, two pounds of well clarified and finely-shredded suet, two pounds of raisins carefully stoned, washed, and dried, two pounds of currants similarly prepared, two pounds of sugar,

two ounces of candied peel finely-chopped, two ounces of citron, and two of preserved ginger similarly treated, two small nutmegs grated, the juice of two good sized limes, their rind very finely pared, and minced, a tea-spoonful of salt, two ounces of sweet almonds, blanched, and sliced, four and twenty (Indian) eggs, a claret-glass of brandy and a sherry-glass of maraschino. Mix all to a stiff paste, moistening with a very little milk *if necessary,* but be careful, for milk will make the pudding heavy. The eggs and milk should be stirred into the ingredients after they have been thoroughly mixed together, and last of all the brandy and liqueur.—This pudding will take ten hours to boil, and will be found large enough for a party of sixteen. Reduce in equal proportions for smaller banquets.

**Plum-pudding Sauce**:—Put ten yolks of eggs in a stewpan, with four ounces of sugar, and one pint of milk; stir over the fire in the *bain-marie* till a rich custard has been formed, add a claret-glass of noyeau, strain the sauce, and serve. Instead of the noyeau, three quarters of a pint of Madeira may be used. Both of these excellent sauces are propounded by Jules Gouffé.

**The Carlton,** or **Conservative Pudding** as it is sometimes called, is made in this manner:—Put into a basin two ounces of ratafias, two ounces of maccaroons, and four ounces of sliced sponge-cake, pour over them half a pint of boiling cream, and let them soak for half an hour. Then beat them together with a silver fork, adding the well-beaten yolks of eight eggs, a table-spoonful of sugar, and a wine-glassful of brandy. Butter a plain mould (not fluted) plentifully, and arrange therein a pretty pattern with citron strips, dried cherries, and preserved apricots in slices, pour the pudding mixture carefully into it, cover the bottom of the mould with buttered paper, tie it in a cloth, and steam for an hour and a half; turn it out upon a hot dish, and pour round it some:—

**Punch Sauce**:—Squeeze two juicy limes over two ounces of sugar; pour over that a glass of sherry or Madeira, and one of brandy or rum; mix over a low fire a table-spoonful of flour

with two ounces of butter very smoothly, and add gradually the yolks of five eggs, stirring in the wine and sugar; whisk the mixture briskly until it thickens nicely, and serve it very hot. The sauce must, on no account, be allowed to boil, or the eggs will curdle. A plainer punch sauce is made exactly like the above, omitting the eggs.

**The Counsellor's Pudding**:—Butter the inside of a plain mould thickly, and arrange as neatly as you can in the butter rows of dried cherries, raisins stoned and halved, and rings cut out of any dried fruit: at the botton over the device of fruit; place a ring of ratafias or maccaroons, with one in the centre: then line the sides with slices of sponge-cake, filling the centre of the mould with rows of slices of cake, with a layer of chopped candied peel and dried fruits between them; stop when the mould is three parts filled, and then pour gently into it a rich custard made of six yolks to the pint of milk, and flavoured with noyeau. When the cake has absorbed the custard,—a process that you must allow half an hour for—complete the filling of the mould with custard thickened with crushed ratafias, cover it with buttered paper, tie it up in a cloth, and boil it for an hour. **Noyeau sauce** (given for almond pudding) should accompany.

**German Brown-Bread Pudding** is excellent:—Grate eight ounces of dry brown-bread; cast the crumbs into a china slop-basin, and let them soak for half an hour in half a pint of sherry or marsala. Then mix with them two ounces of finely-chopped suet, three table-spoonfuls of sugar, three ounces of pounded sweet almonds with three bitter ones, a table-spoonful of minced candied peel, two table-spoonfuls of picked raisins, the same of currants, half a tea-spoonful of powdered cinnamon, and the well-beaten yolks of nine eggs. When the ingredients have been thoroughly blended, add to them the whites of the eggs whipped to a stiff froth, pour the mixture into a mould, and boil, or steam it for an hour and a half.

**German Sauce** should accompany the above:—Beat up half

a pint of marsala with three dessert-spoonfuls of sugar: when warm, stir it into a saucepan in which four yolks of eggs have been placed; whisk over a low fire, until the sauce thickens like custard, and, as you serve it, add the juice of a lime. Be careful not to put the eggs over too fast a fire, or they will curdle.

**La Pompadour** is a very good pudding:—Pour a coffee-cupful of boiling cream over two ounces finely-grated bread, or cake crumbs, let the mixture get quite cool, then beat it well with a silver fork, adding three ounces of pounded sweet almonds, three bitter ones, pounded, five ounces of finely-shred suet, an ounce of flour, two ounces of maccaroons crushed to powder, three ounces of sugar, two ounces of raisins carefully picked, two ounces of dried cherries, four ounces of candied peel and citron, half a nutmeg grated, and a salt-spoonful of salt. When these things have been well mixed together, stir in the yolks of seven eggs, and a sherry-glass of brandy. Pour the mixture into a buttered mould (which it should fill completely,) cover it with buttered paper, tie it up securely in a floured cloth, and boil it for two hours and a half.

**Almond Sauce.**—Boil gently together a quarter of a pint of water and half that quantity of new milk. Pour this while boiling, stirring all the time, upon a dessert-spoonful of arrow-root, previously diluted with a little water; add sugar to taste, and the beaten yolks of two eggs; flavour with twenty drops of almond essence and finish the sauce as you serve it with a liqueur-glass of noyeau.

**The Lady Abbess** is a standard *entremets* not to be forgotten:—Flavour half a pint of milk with essence of vanilla, and sweeten it with two table-spoonfuls of sugar; put it into a saucepan on the fire, and when warm, add the milk of a cocoanut and thicken it, custard fashion, with the yolks of four eggs. When of a satisfactory consistency, let the custard get cold. Now shred very finely two ounces of fresh suet, grate two ounces of cocoanut, and stone and mince six ounces of raisins. Cut four ounces of stale white bread into very thin slices. Butter

a plain mould, decorate it with raisins in rows, and arrange at the bottom a slice of bread cut to fit it: upon that put some suet, a few raisins, some of the grated cocoanut, a pinch of nutmeg, and a little custard; continue packing the mould in the same way with layers of slices of bread, followed by one of suet, raisins, cocoanut, and custard, until the mould is nearly filled, let it soak well, and then complete it with custard. Cover the mould in the usual way, and boil for three hours and a half.

**Lady Abbess Sauce** is a *spécialité*:—Mix a tea-spoonful of arrowroot with two table-spoonfuls of cocoanut milk, add to it a quarter of a pint of boiling syrup flavoured with vanilla and a little cinnamon, stir all together until the mixture is nearly cold, then add two table-spoonfuls of cream and a liqueur-glass of brandy or maraschino.

**Prince Consort's Pudding**:—Squeeze a couple of juicy limes over two ounces of sugar. Grate to fine crumbs six ounces of stale sponge-cake, pour over them half a pint of boiling cream, adding the sugar and the least suspicion of salt. Let the mixture soak until it is cold, then commence beating it with a silver fork, adding to it, one after the other, the yolks of seven eggs, two table-spoonfuls of chopped dried apricots, and the white of one egg whisked to a stiff froth. Butter a mould, decorate it with citron strips and dried fruit, pour the pudding gently into it, and steam it in a big saucepan for about three-quarters of an hour. The following:—

**Red Currant Jelly Sauce** should accompany:—Mix in a small saucepan a quarter of a pint of boiling milk with a tea-spoonful of arrowroot previously moistened to a paste with a little cold milk: sweeten it, and stir it over the fire for two or three minutes. Remove the saucepan and mix into it four ounces of red currant jelly and a liqueur-glass of curaçoa. As soon as the jelly is dissolved, the sauce is ready.

**Pine-apple Pudding**:—Cut three ounces of preserved pine-apple slices into dice, saving as much of the syrup as you can for the sauce. Then proceed exactly as laid down for Prince

Consort's pudding, adding the pine-apple dice instead of the apricot. It should, of course, be assisted by:—

**Pine-apple Sauce**:—Take three table-spoonfuls of pine-apple syrup, (that sold for sweet ices will do admirably, and save your robbing your jar of preserve) dilute it somewhat with two table-spoonfuls of water, and add a heaped-up tea-spoonful of sugar. Let it boil a minute or two, and thicken it with a tea-spoonful of arrowroot, mixed smoothly with a little water. Keep the saucepan on the fire for a minute or so longer, and then, as you remove it, stir into it a liqueur-glass of rum; curaçoa may be used if the taste of rum be objected to.

**La Châtelaine**, (dedicated to the fair housewives of Madras), is made as follows:—Pour half a pint of good cream into an enamelled saucepan over four ounces of sugar, and flavour it with a few drops of lemon essence; set it on the fire, and when warm, stir into it six table-spoonfuls of bread-crumbs, one of flour, three of finely-shred beef suet, and one of beef *marrow;* stir well together and let the mixture boil; then turn it into a cold basin to get cool. Now take two ounces of chopped dried apricots, one of chopped cherries, two ounces of minced candied peel and citron (one ounce of each), and mix the fruits together in a small saucepan over the fire, with a wine-glass of rum, and one of maraschino. As soon as they have absorbed the liqueur stop, let them get cool, adding them with seven eggs, to the mixture in the basin. Stir all together for fifteen minutes, then turn the pudding into a well-buttered basin neatly decorated with fruits. Boil for three hours.

Let **Orange Sauce** be served with the above:—Three ounces of sugar with sufficient orange juice to make a thick syrup, a liqueur-glass of orange brandy, and one of Dutch curaçoa.

## CHAPTER X.

### *Puddings,—Class II.*

IN this class, I think, that it will be advisable to turn our attention to a few puddings that are better baked than boiled. When time is an object, this process of cookery will be found convenient, for whereas boiling or steaming occupies from two to three hours, most puddings can be baked in about half an hour.

The temperature of the oven is a somewhat troublesome matter. Native cooks err, as a rule, on the side of overheating their ovens, the result of which, of course, is a burnt surface, or, if the outside look correct, an underdone interior.

Puddings made of crumbs, cake, rice, and flour, should be baked in a moderately hot oven, while lighter preparations of custard or batter require a quick one.

You cannot be too particular regarding the cleanliness of the oven,—an important point that is often lost sight of. A savoury pie, or some dish with gravy, very frequently boils over in baking, leaving a greasy sediment upon the bottom of the oven. On being heated, the grease burns, and the smoke rising from it will taint any dish that may be placed in the oven afterwards. After every baking, therefore, the oven should be scrubbed.

Baked **Almond Pudding** is a favourite sweet *entremets.* There are two ways of making it as follows:—Blanch and

pound a quarter of a pound of sweet almonds (shelled) and six bitter ones, moistening them with a little rose-water during the pounding: sweeten with two ounces of sugar into which a good lime has been squeezed. Add a coffee-cupful of warm cream, and a piece of butter the size of an egg, with seven eggs well beaten, and a glass of noyeau, or *crême de vanille.* This mixture can either be poured into a well-buttered pie-dish and baked *en masse*, or into well-buttered patty-pans. The latter method is, I think, preferable, for the little puddings can be turned out and served upon a napkin, well dusted with powdered loaf sugar: the patty-pans should not be over two and a half inches in diameter. Noyeau sauce, or a syrup flavoured with *crême de vanille* should accompany.

The other method may be thus described:—Pound the same quantity of almonds as in the foregoing recipe, add to the paste so obtained three ounces of melted butter, the juice of a lime, two ounces of sugar, a quarter pint each of milk and cream, and six well-beaten eggs. Mix well together, pour the composition into a pie-dish that has been lined with light puff-pastry and bake.

**Baked Tapioca Pudding.**—Half a pound of tapioca, three ounces of butter, a quart bottle of milk, ten eggs, a quarter of a pound of sugar, and a few drops of any favourite essence.

Pound the tapioca as previously recommended, soak it in cold water to clean it, then strain and turn it into a stewpan with the milk; let the tapioca boil well but slowly; then take it off the fire, adding to it the sugar and butter, the yolks of eight of the eggs beaten and strained, and two whole eggs; mix thoroughly, flavouring the composition with a few drops of essence. Lastly, add the whites of the eight eggs well-beaten, pour the pudding into a well-buttered pie-dish and bake it in a fast oven.

**Whipped Cream** should be sent round with a baked tapioca pudding. Now I have heard that many people find a difficulty

in turning out this preparation satisfactorily. The rules to be followed are these: Be very careful to keep the cream *cold.* At Madras I would whip it in a bowl set upon ice. The whites of two ordinary eggs should be allowed for each pint of rich cream; three, and even four, if the cream be poor. Here is a recipe for cream whipped with vanilla:—flavour a breakfast-cupful of new milk with vanilla, boil, strain, and add it to a pint of good cream; add two table-spoonfuls of sugar, and the whites of five eggs beaten to a stiff froth, turn all into a roomy bowl, set it on ice, and beat vigorously. A good whip will take an hour to beat properly. Some put a little brandy with the sugar, and it is a good plan to skim off the froth as it rises, and set it on a sieve to drain, while the beating goes on with the rest of the cream.

**Bakewell Pudding** requires a pie-dish lined with puff-paste. The pudding itself is composed as follows:—Having laid the pastry in the dish (which should be a shallow one) cover it with a generous layer of any nice jam. Then, moisten four ounces of sugar with lime juice, and stir into it the yolks of eight, and the whites of two eggs, lastly adding four ounces of butter, and almond, vanilla, or ratafia flavouring to taste. Stir all together until thoroughly mixed, and then pour it over the surface of the jam, baking the pudding in a quick oven. Small patty-pans may be used instead of a shallow pie-dish: they should be lined, as though for tartlets, with puff-paste, the jam should be spread over each, and a little of the mixture above described should be laid over the jam. Little bakewell puddings of this kind are very tasty.

**Cambridge Pudding** is another of this class:—Line a pie-dish with a rich puff-paste and sprinkle over it a good layer of candied orange peel, lemon and citron cut into thin strips; warm six ounces of butter, and mix with it six ounces of sugar, add the yolks of six eggs well beaten, and stir the mixture over a low fire until it thickens, pour it over the candied fruit, and bake in a slow oven for three quarters of an hour.

**Cocoanut pudding** is composed of the following mixture :—Grate eight ounces of the nut : beat a pound of sugar up with eight ounces of butter; beat eight eggs, and add them to the sugar and butter; sprinkle into the mixture gradually the grated cocoanut; stir it well, and pour in a wine-glass of brandy, and tea-spoonful of lemon essence, with a heaped-up tea-spoonful of caraway seeds. Put this into a pie-dish that has been lined with puff-paste, and bake for three-quarters of an hour. Half of this recipe will be found enough for a small pudding.

**Chester Pudding** is excellent :—Put two ounces of butter into a stewpan with the juice of a couple of limes, four ounces of sugar, the yolks of six eggs and a paste made of twelve bitter and twelve sweet almonds pounded with a little rose-water : set the mixture on the fire until it is hot. Bake this mixture in a dish lined with puff-paste, finishing the pudding in this way : Beat the whites of the eggs to a stiff froth, dust it with finely-powdered sugar, and, when the pudding is baked, lay the froth on the top of it. Replace it in the oven till slightly coloured, turn the paste out of the dish, and serve the pudding on a neatly folded napkin.

A **Chocolate Pudding** may be baked in this manner :—Grate two ounces of chocolate; dissolve a quarter of an ounce of gelatine in a breakfast-cupful of hot milk ; stir into it the chocolate, the juice of a lime, and a tea-spoonful of essence of vanilla ; add the whites of six eggs and the yolks of two whipped to a froth, mix the whole thoroughly, pour the pudding into a dish lined with puff-paste, and bake for three-quarters of an hour. If cream can be spared, use it instead of the milk, and the pudding will be superb.

**Hanover Pudding** requires apples :—Boil half a breakfast-cupful of rice until very tender in a small quantity of milk, and flavour it with a few drops of lemon essence. Next, mix with it a *purée* made of twelve boiled apples passed through a sieve : add a glass of liqueur, the yolks of six eggs well-beaten, two ounces of sugar, and two ounces of chopped

citron or candied peel. Have ready a basin, or mould lined with puff-paste, whisk the whites of the six eggs to a stiff froth, and mix it with the other ingredients. Fill the mould and bake the pudding a fine brown. *Sauce à la Royale* should accompany this pudding.

**Bath Pudding** is a standard sweet dish, as good as it is old :—Mix together in a saucepan over a low fire three-quarters of a pint of milk, and three heaped-up table-spoonfuls of well crushed ratafias ; add a little flour until the batter looks creamy. Stir into it six ounces of butter melted, and let it rest. When cold, add seven eggs well-beaten, sugar to taste, the juice of a lime, and a liqueur-glass of brandy. Bake the mixture in a dish lined with puff-paste, and in a pretty brisk oven.

The **Apple Charlotte** is another standard baked pudding of well-known merit. It should be understood with reference to Charlottes, whether of apples, pears, pine-apple, mango, or plantain, that unless you have plenty of *butter* to spare, it is impossible to make a good one. First butter a plain mould liberally ; cut a thin round of crumb of bread to fit the top of the mould, and butter it without stint on both sides ; then cut strips of crumb of bread the length of the depth of the mould, an inch and a half wide, and not more than a quarter of an inch thick ; butter them on both sides liberally, and arrange them along the side of the mould slightly overlapping one another. Cut a rather thicker piece of bread to close the bottom of the mould, and butter it in like manner freely on both sides. Now cut the apples into slices, and arrange them in layers, spreading a layer of apricot, or other nice jam, between each layer of fruit ; dust well with sugar as you pack, and see that the case is closely filled ; lime juice, and any nice liqueur, may be sprinkled over the apples. When quite filled, place the piece of bread previously prepared over the bottom of the mould. Bake it in a moderate oven, head downwards, and, when done, turn it out of the mould, and serve steaming hot, with any

nice wine or liqueur sauce. If the fruit be raw, a good deal of juice will be extracted by the baking; this will soak into the bread case, and impregnate it with the flavour of the fruit; externally, owing to the heat imparted by the oven, the case will turn a pale brown, but the butter will prevent its burning, and the whole case will appear consolidated. If loosely packed, and illiberally buttered, the strips of bread will warp, and curl up dry and hard, and when turned out, the pudding will tumble to pieces. If the fruit be preserved it will be found advantageous to pour a cupful of syrup amongst the layers; the syrup may be flavoured with liqueur. Plantains, if thoroughly ripe, and assisted by raspberry or strawberry jam between the layers, make a very excellent Charlotte. Mangoes, when in season, and pine-apples are equally amenable to this style of cookery. Charlottes take some time to bake: a good sized one will require three hours.

**Ratafia Pudding** is nice :—Butter a pie-dish, line the bottom of it with spongecake cut into strips, and arrange four ounces of ratafias (crumbled) over the surface of the cake. Over this pour enough marsala or Madeira to soak freely into the cake, and when satisfied that it is moist, cover the top of the ratafias with a layer of any nice jam: whisk the yolks of six, and whites of two eggs together, make a nice custard with them, and a pint of milk well-flavoured with ratafia essence; pour the custard over the pudding, garnish the surface with ratafia biscuits, and bake for about twenty minutes.

Another recipe for **Ratafia Pudding** is given as follows:—Mix with four ounces of crushed ratafias, two ounces of almonds (shelled), and five bitter ones, well pounded with a little rose-water; a pint of cream; the yolks of six, and the whites of two eggs; a table-spoonful of sugar, and a glass of noyeau, or maraschino: line a number of tartlet tins with puff-paste, and fill them with the mixture, or pour it *en masse* into a pie-dish previously lined with paste. Bake for about three-quarters of

an hour. Milk may obviously take the place of the cream, and a glass of brandy may be substituted for the liqueur.

**Rice Puddings,** whether made of whole rice or ground, are quite as nice baked as boiled. There are, of course, an infinite number of recipes for them to be picked out of any domestic cookery book. I choose two which are, perhaps, less common than the majority :—Wash six ounces of rice, and boil it for twenty minutes in as much well-sweetened milk nicely flavoured with almonds as will cover it. Drain, and beat it up with a pinch of salt, an ounce of butter, a quarter of a pint of cream, six well-beaten eggs, a quarter of a pound of minced citron, candied peel, preserved ginger, and dried apricots, (one ounce of each), a liqueur-glass of liqueur or brandy, a very little cinnamon, and the juice of a lime. Pour the mixture into a buttered dish, and bake for one hour. This mixture may be poured into buttered cups, and baked : when done, the puddings should be turned out, and served upon a napkin. A good sauce should accompany, or a nicely made *purée* of apples, and iced cream.

With **Ground Rice** the following is a good pudding :—Beat a quarter of a pound of ground rice to a smooth paste with half a pint of milk. Stir into it a pint of boiling milk, and let it boil for a quarter of an hour, stirring it continually. When it is nearly cold, mix with it a couple of ounces of butter, two table-spoonfuls of sugar, any flavouring essence you fancy, a liqueur-glass of brandy, or liqueur, and five well-beaten eggs. Pour the pudding into a well-buttered dish and bake for an hour. The apple *purée* is a pleasant accompaniment, and stewed prunes, peaches, pine-apple, or indeed any fruit, may be sent round with a rice pudding.

**Portuguese Pudding** is delicious :—Extract a breakfast-cupful of milk from two ripe cocoanuts. Dissolve eight ounces of sugar, and mix it with half a pound of finely-sifted rice flour; stir in the cocoanut milk, and six eggs well-beaten, two ounces of butter, the juice of a good lime, a table-spoonful of any

liqueur or brandy, and a tea-spoonful of caraway seeds. Pour the pudding into a well-buttered pie-dish, and bake for about three-quarters of an hour in a moderately hot oven.

**Vermicelli Pudding** is easily made :—Boil in an enamelled stewpan a pint of milk, stirring into it six ounces of butter, and, at the moment of boiling, throw in three ounces of vermicelli : stir till it thickens, taking care that it does not adhere to the side of the stewpan : now remove the pan from the fire, and let its contents get cool : then add two ounces of sugar, and two ounces of pounded sweet almonds including four bitter ones, the yolks of six eggs, and a pinch of grated cinnamon : whip the whites of the eggs to a stiff froth and mix it with the pudding the last thing. Bake the mixture in a well-buttered pie-dish.

**Warwickshire Pudding** is a first rate one :—Put four ounces of butter, and four ounces of sugar into a basin, and stir them with a wooden spatula until they are quite light ; then add four ounces of the best flour, six eggs well-beaten, two table-spoonfuls of thick cream, two ounces of minced citron and candied peel, the juice of a lime, and two table-spoonfuls of brandy or liqueur. When the whole has been thoroughly blended, pour it into little patty-pans, well-buttered, and bake for twenty minutes. Turn the puddings out, and serve them on a napkin well dusted with powdered sugar, and with a good wine or liqueur sauce in attendance.

The **Curate's Puddings** are plainer than the foregoing :—Melt an ounce of butter in a pint of hot milk, let it get cool, then stir into it by degrees four ounces of flour, an ounce of sugar, and lemon essence to taste ; whisk separately the yolks of five and the whites of three eggs, and then beat them up with the other ingredients. Butter some small tins, fill them with the mixture, and bake from twenty to thirty minutes : turn them out upon a napkin, put a tea-spoonful of apricot jam upon each, dust them over with powdered sugar, and serve them with apricot sauce.

**Little Angel Puddings** are of the same school :—Beat three ounces of butter until it is creamy, add two ounces of sugar to it, and three ounces of cornflour ; mix these to a batter with a pint of milk, flavour with vanilla or your favourite essence, put the mixture into buttered tins, bake, turn the puddings out, and serve them on a napkin well dusted with powdered sugar. Any sauce may accompany : a tea-spoonful of baking powder assists the cook in the making of these kind of puddings.

**Spongecake Pudding** is an effective sweet *entremets.* Line a pie-dish with rich puff-paste, cover the bottom of the paste with a layer of nice preserve, over which place a layer of finger spongecakes. Then prepare the following :—A breakfast-cupful of milk, an ounce of butter, a table-spoonful of arrow-root or cornflour, and lemon or vanilla essence to taste. Thicken this gently over the fire ; let it get cold, then add the yolks of a couple of eggs well beaten, and enough sugar to sweeten. Pour this over the layer of spongecakes, and bake in a moderate oven for about half an hour. Serve with any good sauce.

**Richmond-pudding** is quite a *spécialité,* and if properly made, is fit to present at the most *recherché* banquet. Turn sufficient milk to yield a pound of curd (the process of which I describe elsewhere), using essence of rennet if possible, and mix with the curd the yolks of eight well-beaten eggs, and the whites whisked to a stiff froth, with ten ounces of carefully stoned raisins soaked in brandy, three ounces of sugar, a quarter of an ounce of cinnamon powder, an ounce and a half a minced citron and a wine-glass of rum or brandy. Mix the ingredients thoroughly in a basin, then take a plain mould, butter it liberally, sprinkle a coating of finely-rasped crumbs evenly over the butter, so that the mould may be lined as it were ; then put in the pudding, and bake it gently for a couple of hours : when nice and brown, turn it out upon a very hot dish and serve with *sauce à la Royale.*

**The Volunteer's Puddings.**—Mix three quarters of a pound

of bread-crumbs with ten ounces of finely-chopped suet, adding two ounces of candied peel chopped fine, three quarters of a pound of sugar, four eggs well beaten, and the juice of a couple of limes. Mix thoroughly, stirring a tea-spoonful of vanilla essence, and a liqueur-glass of brandy. Bake the mixture in little tins, or cups well-buttered, and serve them turned out upon a napkin bountifully dusted with sugar. They will require about three quarters of an hour to bake. Send lime or any nice sauce round with them.

**Citron Puddings** are *bonnes bouches,* when properly prepared. This receipt is to be trusted :—Mix a table-spoonful of cornflour with two ounces of sugar, a little nutmeg, and a breakfast-cupful of cream; add eight eggs well beaten, and two ounces of citron cut into very thin strips. Stir all together thoroughly, and pour into buttered cups, or small roll tins. Bake them in a quick oven for half an hour, and serve with a good wine sauce.

## CHAPTER XI.

# *Puddings.—Class III.*

WE have still to consider in the category of boiled puddings those homely, yet often excellent, compositions, called dumplings of which, there are, of course, several varieties. A really good apple or mango dumpling deserves a place in the *menu* of any quiet dinner. With many people, indeed, a well-boiled fruit-pudding is more popular than a tart. I once knew an admirable judge of the good things of the table whose special weakness in sweet things was a gooseberry dumpling, and I have heard a Frenchman of hypercritical taste in cookery declare that a good English apple-pudding was admirable. The preparation of a fruit dumpling is simple enough. First there is the **paste**:—

Put a pound of flour in a basin, mix with it six ounces of clarified beef-suet cut up into little pieces; put in a salt-spoonful of salt, and one of sugar; make a paste of this with cold water, and when nice and smooth, turn it out on a well-floured slab, and roll it out half an inch thick or a little thicker.

Choose a round basin, butter it well, put the paste inside the basin, lining it, as it were, and leaving enough over outside to catch the piece of paste which is laid over the pudding after it has been packed. Now pack the hollow made by the paste with fruit and sugar, moistening it with lime juice, a little syrup,

and a dash of any liqueur that may be open. This having been done (the fruit should fill the paste pretty closely) cut a circular piece of paste, the size of the bottom of the basin, lay it over the fruit and draw the edges of the lining paste over it, firmly pinching the two together. Flour a pudding cloth and tie the basin up securely. Boil the pudding for one hour and a half, and when done, remove the cloth, turn it carefully from the basin upon a hot dish. Rich custards, flavoured with lemon, vanilla, ratafia, or almond, provide the sauce required for a fruit dumpling, but pure cream, if available, is better. In the event of there being a difficulty about eggs for custards, try an arrowroot sauce flavoured with a liqueur. As in the case of an apple-charlotte, so in that of an apple-dumpling, a few spoonfuls of apricot or strawberry jam are an improvement: a very little spice may also be mixed advantageously with apples, pine-apple, pears, and mangoes.

If properly boiled, the paste of a dumpling should be dry, light, and disposed to be flaky on the outside; it will, of course, be soft and moist inside, on account of the steam and syrup. Remember that raw fruit produces a good deal of juice in the process of boiling, while preserved apples, pears, &c., have none to yield. It is, therefore, necessary in the case of the latter to supply the deficiency with syrup, which, to my mind, is always improved by a dash of liqueur or brandy. The American canned apples and pears are to be strongly recommended to those who are fond of dumplings.

Besides those made of fruit there are, of course, dumplings made plain with currants, with flavourings of sorts, &c , these are generally made small, four or five forming a dish. This is a capital recipe for:

**Currant Dumplings**:—Wash, pick, and dry in a floured cloth one pound of currants; take three tea-spoonfuls of powdered ginger, stir the powder into the currants, with a pinch of salt, and twelve ounces of finely-chopped beef-suet; mix thoroughly, adding nine dessert-spoonfuls of flour. Make a paste of these

ingredients by mixing with them six well-beaten eggs, and a pint of milk. Roll it into balls, and drop them gently into a large saucepan of boiling water, move them about now and then, to prevent their sticking to the bottom of the saucepan, and, when done, lift them out carefully, drain and serve them on a napkin. They will take half an hour if cooked in this form. The same composition may be rolled into an oblong shape like a 'roly-poly' pudding, and tied in a floured cloth, in which case it will require an hour and a half.

**Lemon Dumplings** are made in this way:—Chop half a pound of suet very small, and mix it with the same weight of finely-grated bread-crumbs; mix the two ingredients with three well-beaten eggs, and a spoonful of milk if necessary, add four ounces of sugar, and flavour the whole with lemon essence. Boil the dumpling in a basin, or form the paste into balls, and treat them as explained for currant dumplings.

By substituting vanilla or ratafia flavouring for the lemon, but in other respects following this recipe, you can make vanilla or ratafia dumplings. For almond or cocoanut dumpling, use four ounces of the nut pounded with a little rose-water and add an egg. With puddings of this class a well-flavoured wine or liqueur sauce is indispensable.

The **Roly-poly Pudding** belongs to this humble family of *entremets sucrés*:—For a truly successful one a little attention is necessary regarding the paste to begin with. Mix half a pound of finely-minced suet with one pound of flour, add a pinch of salt, a well-beaten egg, and about half a pint of milk to moisten. Roll out the paste quite thin,—a quarter of an inch thick, say, at the outside,—and of a width regulated by the size of the vessel in which you propose to boil the pudding. Spread a layer of jam evenly over the surface of the paste, leaving a margin all round for the joining of the side and ends of the roll. When ready, roll the paste up in the well-known manner, securing the edges firmly. Dip a cloth in boiling water, flour it well, tie the pudding up tightly within it, and

put it into a saucepan of boiling water with a plate at the bottom of it to protect the pudding from catching or burning. A roly-poly pudding will require boiling for an hour and a half or two hours according to size.

Now, I dare say, that I have imparted nothing new here to two-thirds of my readers: the only novelty I can suggest is one that refers to the *filling* of the pudding. Jam, we all know, is the ordinary *garniture*, still a very superior roly-poly can be produced with **prunes.** Take half a pound of prunes, put them into a stewpan with a table-spoonful of sugar, a quarter of a pint of water, a glass of port or claret, and the juice of a lime. When nice and soft, turn the fruit out upon a sieve and work the pulp and syrup into a bowl catching the stones. Crack the stones, blanch the kernels, and pass them into the pulp also, use this thick *purée* instead of jam.

**Claret Sauce** may be selected to accompany this dish:—Whisk three eggs thoroughly, and put them with a glass of claret into a saucepan with a table-spoonful of sugar, a little pounded cinnamon, and some very finely-peeled and minced lime peel. Whisk the sauce over the fire till it is well frothed, and serve when on the point of boiling.

Finely minced figs make an excellent pudding of this class, especially if treated in the following way:—Mince the figs, and toss the mince in a frying pan in a glass of brandy, or any nice liqueur, until the fruit has absorbed the liquid: stop, and spread it over the paste. Any dried fruits may be similarly treated and used. You can also fill a roly-poly with any cheese-cake mixture, lime, almond, cocoanut, citron, &c. Mince-meat, as used for mince-pies, may be advantageously used in one of these puddings, and a *purée* of *ripe* plantains, assisted by some sugar, a dash of any nice liqueur, and a spoonful of strawberry or raspberry jam, will be found by no means unpleasant. Choose a good sauce to accompany puddings filled as above described. Those flavoured with wine or liqueurs will be found the best.

Here are three recipes for puddings which will, I think, be found popular in the nursery. I believe that currants and raisins are generally considered bad for children, while figs, dates, and prunes (when stoned), are held to be wholesome; at least, I well remember that in my childhood's hour a currant pudding was followed, as a matter of course, by 'a powder,' while no notice was taken of one of prunes. Dates are frequently to be got cheaply enough, and they make a very nice pudding in this way:—

Wash them very carefully, getting rid of the grit which frequently spoils them, dry them in a cloth, and then cut them up very small with a dessert-knife, removing the stones. For a quarter of a pound of dates, take a quarter pound of bread-crumbs, a quarter pound of suet, three eggs, a pinch of salt, three ounces of sugar, the juice of a lime, and a dust of grated nutmeg. Mix well together, and boil in a basin for three hours. Make a pretty pink sauce with sugar, water and lime juice, tinted with cochineal.

**Prune-pudding**:—Beat a tea-cupful of flour to a smooth paste with a little cold milk, add two well-beaten eggs, a pinch of salt, and sufficient milk to produce a rather thick batter. Simmer half a pound of prunes in a quarter pint of water, a table-spoonful of sugar and the juice of a lime, pick out the stones, and stir the pulp of the prunes into the pudding. Put the mixture into a buttered basin and boil for a couple of hours. Children will fancy this all the more if you decorate the basin with pieces of prunes, cut about the size of raisins. Let custards tinted *pink* accompany (they are ever so much nicer, you know, than *yellow* ones).

**Nurse Hannah's Pudding**:—Beat, till quite smooth, three table-spoonfuls of flour and one pint of milk; strain the batter into a stewpan, and simmer it till it thickens; then add two ounces of butter, and the yolks of four eggs well beaten, with two ounces of prunes cut the size of currants. Butter a basin,

lay at the bottom of it a pretty pattern made of prunes stoned and cut in halves, pour in the batter, and boil or steam for an hour and a half.

In alphabetical order I now submit, twenty-five plain puddings (boiled) which I have carefully selected from over one hundred recipes :—

1. **Almond** :—Three ounces of sweet almonds shelled, five bitter ones, a pint of milk, sugar to taste, a table-spoonful of flour, a table-spoonful of crumbs, three eggs well beaten, the whites of two whisked to a stiff froth, and a little grated nutmeg. Pound the almonds with a little of the milk, and mix all the ingredients together, then pour the pudding into a well-buttered mould, and boil for three quarters of an hour.

2. **Amber** :—Four ounces of finely-chopped suet, eight ounces of bread-crumbs, four ounces of sugar, a dessert-spoonful of chopped candied peel, the juice of a good sized lime, five eggs, and two table-spoonfuls of marmalade. Beat well together and boil in a basin or mould for three hours.

3. **Arrowroot** :—Mix two table-spoonfuls of arrowroot with a breakfast-cupful of milk. Flavour a pint and a half of milk with your favourite essence, put it on the fire, and *when it boils*, mix into it, stirring well, the cupful of arrowroot. Continue the stirring for a minute or two, then take it off the fire, and when cool, add four well-beaten eggs, a table-spoonful of sugar, and the same of brandy: steam in a well-buttered mould for an hour and a half. Enough for six persons. Divide the recipe in half for the home dinner.

4. **Aunt Anna's** :—A quarter of a pound of suet; a quarter of a pound of bread-crumbs; one table-spoonful of ground rice, three ounces of sugar, lemon essence to flavour, and three eggs. Mix well, steaming for an hour and a half in a well-buttered mould.

5. **Aunt Jane's**:—Pour a breakfast-cupful of warm milk over a tea-cupful of bread-crumbs. Let them soak, then add a piece of butter, the size of a bantam's egg, a dessert-spoonful of sugar, three eggs, and the juice of a lime. Beat all together, steaming in a closely-covered mould for three hours.

6. **Aunt Susan's**:—Beat four ounces of butter to a cream, and stir gradually into it two table-spoonfuls of ground rice, and the same of cornflour, sugar to taste, two ounces of chopped citron, candied peel or any dried fruit, four well-beaten eggs, and just enough milk to mix the pudding nicely. Flavour the whole with almond essence, and boil it in the usual manner for two hours.

7. The **Bachelor's**:—Four ounces of chopped apples, the same of mixed peel or dried fruits, and the same of white bread-crumbs, two ounces of sugar, four eggs, and lemon essence to taste. Mix thoroughly and boil in a buttered mould for three hours.

8. **Brown-bread**:—Take equal weights of brown-bread crumbs, and fresh suet; flavour with a little grated nutmeg, and pounded mace. For four ounces of each, add four eggs, three ounces of sugar, a liqueur-glass of brandy, and two ounces of minced citron, ginger, candied peel or dried fruit. Mix thoroughly, and boil *secundum artem* for three hours.

9. **Bread**:—Soak half a pint of bread-crumbs in a pint of milk, which should be poured over them boiling. When cold, add five well-beaten eggs, two ounces of raisins, or currants, picked, washed and dried, sugar to taste, some vanilla essence, and a little nutmeg. Mix all together and boil in a buttered basin, which may be decorated with raisins or citron if desired. Time about an hour.

10. **Batter**:—Two table-spoonfuls of flour, five eggs, an ounce of butter, a pint of milk flavoured with your favourite essence, and a liqueur-glass of brandy, rum, or any liqueur that may be open. Begin by mixing the flour by degrees with

the milk, add the butter melted, then the other ingredients, finishing with the eggs well beaten, and a pinch of salt. Pour the batter into a basin well buttered, tie it up securely, set it to boil and stir the pudding about in the water, turning it over and over for the first five minutes to prevent the flour settling at the bottom of the basin. An hour and a quarter should be allowed for the boiling.

11. **Canadian**:—Mix three table-spoonfuls of cornflour (maize-flour that is to say) in a pint of milk, and set the mixture on the fire: let it boil, stirring well, and then put it aside to get cool: flavour it with almond essence, sweeten it to taste, and mix into it five well-beaten eggs. Decorate a mould with raisins; pour the pudding into it; and boil for two hours.

12. **Canterbury.**—Melt three ounces of butter, then stir into it three ounces of sugar, two ounces of flour, and three well-beaten eggs: beat the mixture, flavour it with ratafia essence, pour it into a small buttered basin, and steam for an hour and a half. Quite enough for two people.

13. **Chocolate Custard**:—Grate an ounce of chocolate (cocoa may be used with equal success), and dilute it with two table-spoonfuls of boiling water. When dissolved, add a tea-spoonful of vanilla essence, and pour over it a pint of frothing, boiling milk, sweeten this to taste, and add six eggs well-beaten. Mix thoroughly, and steam it very slowly for half an hour.

14. **Duke of Grafton's**:—Four ounces each of crumbs, suet, and currants; half an ounce of minced candied peel; the yolks of five eggs, and the whites of three, well beaten; four ounces of sugar, a pinch of salt, half a grated nutmeg, and lemon essence to flavour. Beat all together, and boil in a buttered basin for about three hours.

15. **Hilton**:—Shred a quarter of a pound of suet, mix with it five ounces of bread-crumbs, and five ounces of minced dried

figs. Add a pinch of salt, three table-spoonfuls of sugar, and four eggs well beaten. Mix thoroughly, and boil for three hours.

16. **Hannah More's**:—A quarter of a pound of suet, half a pound of bread-crumbs, four ounces of picked raisins, four ounces of sugar, four ounces of minced apples, a pinch of salt, a quarter of a nutmeg grated, two ounces of minced candied peel,—all well mixed together, bound with six eggs, and moistened with a liqueur-glass of brandy. Three hours to boil.

17. **Judy's**:—Four ounces each of suet and crumbs; a table-spoonful of flour, two of sugar, four eggs well beaten, and a table-spoonful of brandy or rum. Mix thoroughly, and boil for one hour.

18. **Jersey**:—One ounce of flour, two of ground rice, two of sugar, and a pinch of salt. Work into these ingredients smoothly four ounces of butter; add two ounces of minced candied fruit, five well-beaten eggs, and a little milk, if necessary, to moisten. One hour to boil.

19. **Leicester**:—Mix a tea-spoonful of Yeatman's baking powder, and a pinch of salt, with a pound of flour; add four ounces of suet, a table-spoonful of sugar, half a pound of picked raisins, and an ounce of citron cut into strips. Mix the ingredients, thoroughly stirring into them a pint of milk, and boil the pudding for two and a half hours.

20. **Maccaroni**:—Blanch an ounce of sweet almonds, and five bitter ones, cut them up small, and soak them with four ounces of maccaroni (previously boiled till tender and cut up small) in a quart of boiling milk. After they have well soaked, and the milk has grown cold, simmer the mixture again over the fire, stirring in a pint of cream, and four ounces of sugar. Let it get cool again, and then add two ounces of butter, and eight eggs well beaten. Steam this, when well mixed, in a buttered mould for an hour and a quarter. This recipe may be divided in half, and instead of cream, milk may be used.

21. **Newcastle**:—Put four ounces of dried cherries or well-picked raisins round a buttered mould, line the sides with slices of bread, and fill up the mould with layers of thin slices of bread-crumb soaked in milk, until nearly full, pour in a pint of good custard flavoured with almond essence, let the pudding settle awhile, and then boil for one hour and a half.

22. **Ratafia**:—Prepare a mould as in the foregoing recipe. Pour a pint of boiling milk nicely flavoured with almond and sweetened over four ounces of bread-crumbs, and let it get cool. Add the yolks of five eggs, and the whites of three, with a table-spoonful of ratafia, or a tea-spoonful of the essence. Beat the mixture well, fill the mould, and boil the pudding, or steam it for an hour and a half.

23. **Rice**:—Boil a quarter of a pound of rice in a pint and a half of milk until it is soft, and well swollen. The milk should be nicely flavoured with your favourite essence, and sweetened to taste. Put it into a basin to cool, and when cold, stir into it a dessert-spoonful of butter, six well-beaten eggs, and a spoonful of any liqueur that may be open. Fill a mould with the mixture, and boil for an hour.

24. **Spongecake**:—Decorate a buttered mould with dried fruit cut into thin strips. Fill the mould with slices of spongecake soaked in wine (or milk if preferred) and fill up the mould with a good custard. Secure the mould in the usual manner and boil for an hour. Candied fruits, marmalade, or jam, may be introduced between the layers of spongecake if a superior pudding be required.

25. **Windsor**:—Four ounces of chopped apples (the American canned apples are strongly recommended for this), four ounces of raisins picked carefully, four ounces of currants, four ounces of suet, four ounces of bread-crumbs, six eggs, a tea-spoonful of nutmeg, a pinch of salt, the juice of a lime, and a liqueur-glass of any liqueur available.—Mix thoroughly; boil in a well-buttered basin for three hours.

Every hot pudding, let me here repeat, should be served with a sauce. Arrowroot sauce is a good homely sauce for an *entremets* of the second class; it saves butter, and may be varied *ad lib.* in flavour. A dessert-spoonful, mixed with half a pint of water, and sugar to taste in a saucepan over the fire, if well stirred, will yield a nice creamy custard, which may be improved with liqueur, brandy, rum, or wine; with jam, or jelly; lemon, almond, vanilla, or ratafia essence. Unlike sauces in which milk, cream, or eggs are employed, you have no fear of curdling with arrowroot. Syrups, again, of plain sugar and water with a dash of wine or liqueur, and a table-spoonful of any jam, marmalade, or jelly, make capital sauces. A *purée* of "Promotion-nuts," assisted with a few bitter almonds, sweetened to taste, and glorified with a suspicion of noyeau, ought, if mixed into a breakfast-cupful of arrowroot, to make a very toothsome sauce for any pudding.—Rice-*purée* with a little cream, and almond flavouring is nice. In fact, pudding sauces are easily composed by those who choose to give them a moment's consideration.

## CHAPTER XII.

### *On Ice-making.*

FEW will deny, I think, that ice-making is a branch of sweet cookery in which we have all much to learn. In nine cases out of ten at least, the ices we offer our friends are, strictly speaking, failures. Yesterday the mixture was imperfectly frozen; to-day it is as harsh and as hard as frozen snow, and almost as tasteless; to-morrow, perhaps, it will be lumpy, hard in some parts and nearly liquid in others. And yet the process whereby a good ice, or iced-pudding, is achieved is by no means elaborate, or difficult to accomplish. The cook must be prepared to take the greatest pains, and he must be taught a few hard and fast rules, but he should understand once for all that there is nothing very hard to overcome in ice-making.

The most reliable apparatus for this work is, without doubt, the pail,—a wooden tub with a hole at the bottom of it for the escape of water,—and the pewter pot with a tightly fitting cover furnished with a strong rectangular handle.

The tub should be sufficiently large to yield a clear margin of five inches round the freezing pot when the latter is held upright in its centre: it should also be five inches deeper than the pot is long. It is, of course, highly essential that the pewter vessel should be as strong as possible, for the smallest leak will ruin the ice.

In addition to the pail and pot the ice-maker should have a spatula,—pewter, with a wooden handle, or entirely of wood.

The process of ice-making consists of three operations :—first making the mixture, next freezing it, and lastly moulding it.

The first, of course, is a delicate operation requiring experience and attention, the second is almost mechanical, and the third a task that merely demands care, unless a parti-coloured mould of ice be wanted, when the operator's good taste will be called into play.

The composition of an ice, or iced-pudding mixture, is a thing that the mistress of the house ought certainly to superintend. Half an hour in the afternoon might well be spared for the work, and the result will generally atone for the trouble. She should choose the recipe, and satisfy herself that its directions are accurately followed.

Freezing may be thus described :—*Crush* the ice thoroughly and mix it with some rough salt,—two-thirds ice to one-third salt. Put a layer of the mixture at the bottom of the pail, and set the freezing pot upon it, filling the space between the pot and the side of the pail with ice and salt, *well pressed down*. Turn the freezing pot to see that it can be moved easily, and complete the packing of the pail up to within half an inch of the rim of the freezer. Native coolers, as a rule, break the ice into lumps of various sizes, generally far too large; the consequence of which is imperfect freezing, and great waste of ice. The ice should be actually crushed, and then the ramming down produces a consolidated mass of freezing mixture, into which no air can find its way. As soon as the freezing pot has been satisfactorily embedded, and yet works easily when turned, the composition to be frozen should be poured into it. And here let me remind you that the latter should never more than *half-fill* the freezer. Secure the top firmly, and turn the pot rapidly backwards and forwards for five minutes. Now remove the top, and with your pewter spatula detach the portion of the

mixture that you will find frozen, and adhering to the sides of the pot. Work the mixture about as quickly and as thoroughly as you can, and then replace the cover, and continue the turning. At intervals of five minutes a similar process should be followed; good freezing, remember, depends upon the frequent use of the spatula. At the end of half an hour, if treated as I have described, the mixture will be evenly set, and perfectly free from lumps. As soon as the ice has been thus completed, the cover should be firmly put on again, and the whole of the top of it covered with a piece of coarse flannel or jhool-stuff with some broken ice laid over it.

A properly made ice should be thoroughly smooth, and of the same consistency throughout. This effect is produced by the aforesaid continual use of the spatula. Unless the pewter spoon be rapidly used, and the gradually frozen portion of the mixture frequently detached from the sides of the pot, and amalgamated with the unfrozen part, roughness and lumpiness will be the certain result.

Moulding is, of course, the process by which the ice,—frozen *en masse* in the freezing pot,—is transferred to an ornamental or plain vessel for the purpose of acquiring a definite shape before being sent to table. This operation is obviously unnecessary when the ice is served in glasses, or simply handed round upon plates: the frozen mixture can then be kept in the freezer, and helped directly therefrom.

Hermetically closing ice-moulds are sold in which the ice-mixture can be frozen without the assistance of the ordinary pewter freezing pot at all. I can strongly recommend them. They can be obtained in various sizes, and if kept dry when out of use, they last a long time. The cover must be removed, and the spatula used with just the same care in the case of an hermetically closing mould, as in that of the freezing pot.

In turning an ice out of a mould it is only necessary to dip the vessel in water at the ordinary temperature: violent efforts

to expel an ice from its covering should be interdicted, for the result is often a "heap of ruins."

The foundation of so-called cream-ices, and iced-puddings is either a strong custard of fresh milk and eggs, or plain cream, while a combination of both is recommended by some authors. I think that in India we should consider a good custard a *sine quâ non* in cream-ices, and save our cream for the finishing touches.

The process may be thus defined. First a very rich custard, flavoured according to desire, and sweetened as hereafter explained: then the freezing: when *partly frozen* a cup of rich cream *well-whipped,* and any fruit or liqueur that may be named in the recipe: the freezing being after that completed.

If these rules be followed scrupulously, a good result will certainly be obtained. The custard or foundation must, however, be a really good one; from eight to ten yolks of eggs per pint will not be too many, and the thickening must be carried out *en bain-marie,* for a curdled custard would ruin the whole operation. When thick and creamy the custard should be strained through a *tamis,* to make certain that no lumps are passed into the freezer. Cream added to an ice made of custard should be whipped with the white of an egg to a froth, and it ought not to be poured into the freezer, as I said before, until the custard is *partly frozen.*

Gelatine or isinglass may be used advantageously in the composition of an ice,—especially in that of an iced-pudding. With its assistance the ice is generally smoother, and of that much-to-be-desired "*cream cheesy*" consistency, if I may so describe it, that all of us should endeavour to obtain in our cream-ices. It is a mistake to think that perfection in an ice consists in *hard* freezing. A mould of ice that rebels against the pressure of the spoon, and necessitates the use of a dessert-knife is not to be commended, for the harshness is eloquent of the presence of water, or weak milk. You can scarcely freeze

really rich custard, or good cream, harder than firm cream cheese. Yet although comparatively soft, such ices liquefy far less rapidly than the stubborn granite-like masses to which I have alluded.

The sweetening of ices is a very particular part of the work. As a rule an ice mixture, slightly over sweetened when in its fluid state, will be found correct when frozen. Common white sugar can,—of course, be used, but the true confectioner uses a made-syrup for this part of the operation prepared as follows :—

**Charified Sugar for Ices.**—Take six pounds of good white sugar and put it into an enamelled pan, or an untinned copper boiler. Beat up the whites of four eggs with a pint of water, and pour the mixture over the sugar. Put the pan on the fire, and stir the sugar about with a wooden spoon until it rises; then add cold water, and repeat the process every time the sugar rises until a pint of water has been so expended. By the time the second pint has been poured in, the sugar will cease to rise, and a brown scum will form on the surface of the syrup. Skim this off carefully, and then strain the liquid through a piece of muslin. After this, return the syrup to the pan, and let it come to the boil, then remove it, let it get cool, and pour it into bottles for use. Syrup thus treated will mark from 30° to 32° when tested by the saccharometer, which is the measure of sweetness propounded by Gouffé for ice-making. The syrups, specially prepared for ices that are now sold by all oilman's stores, merchants, facilitate ice-making very materially, for independently of their being correctly sweetened, they are flavoured with fruit and prettily tinted.

Talking of tinting; I must not omit a few words concerning that important item in ice-making. Whether served at dessert, or as an *entremets sucré*, an ice is nothing if it be not pretty to look upon. Pale lemon yellow is accordingly contrasted with rose pink; delicate green with warm chocolate brown, or colder buff, and every effort is made by the *confiseur* to capti-

vate the eyes and as well as the palates of his patrons. To produce this laudable effect vegetable colours—as perfectly innocuous as they are pretty,—are now manufactured, Paris being the head-centre of the industry. Provided with these dyes the confectioner can exercise his artistic taste as well as his culinary ingenuity, and accomplish the most pleasing varieties of colour. Those, however, who are not able to obtain Parisian colours can tint their ices very nicely with prepared cochineal, spinach greening, and saffron. Chocolate gives a rich brown, and coffee a pleasant light brown. If judiciously used, the ice-maker will find these materials effective enough for all ordinary purposes.

In applying colours, however, we ought not to think of their effect upon the eye alone. We should endeavour to give a separate flavour with each tint. That is to say, it would be unscientific were we to make a quart of vanilla cream-ice, and having tinted half of it pink, to turn out a mould of ice, half pink and half cream-coloured, but uniformly flavoured with vanilla. The consequence is that, if obedient to the strict rules of ice-making, the composition of a parti-coloured ice necessitates the use of two or more sets of freezing materials, for each ice must be made separately both as regards colour and flavour. Another thing to note is that a bi-coloured or tri-coloured ice can scarcely be made with any degree of economy for a *small* party. You cannot well make less of each sort than three-quarters of a pint, and it is often troublesome to make less than a pint. It is therefore advisable to reserve these *entremets* for parties of not less than ten or twelve people.

The combination of tints and flavours is not a difficult task:—the pale creamy tint of almond, or vanilla cream, contrasts well with the delicate pink of strawberry or raspberry: while the warm brown of chocolate can be happily blended with either pink or cream-colour, The yellower shades of orange, apricot, and pine-apple creams, harmonize nicely with the pale green of pistachio, and greengage, or with the russets of chocolate and

coffee. Dark reds are hardly to be recommended as effective colours at night, yet the brilliant carmine obtainable from the juice of the Bangalore raspberry looks remarkably well with an almond or vanilla cream.

Bearing these rules in mind, very attractive looking, as well as pleasantly flavoured *entremets* can be turned out without any great difficulty. Having made, let us say, a pint of strawberry, and a pint of almond cream-ice, a quart ice-mould should be selected; now cut a piece of card board to fit the centre of the mould, place it perpendicularly, dividing the mould into two partitions, and fill each side completely, one with almond cream-ice, the other with the strawberry; when filled satisfactorily and carefully pressed down, withdraw the card board, close the mould securely and embed it in ice. When turned out, this ice will be pink on one side and cream-coloured on the other.

If you want to have the ice moulded in rings of colour, the process is equally simple: nice measurement is alone necessary. Having frozen the two ices satisfactorily, and set the quart mould in the ice, take a couple of large spoonfuls of the almond cream and press them down evenly to form the cap of the mould; next arrange a layer of strawberry ice a little thicker, say three spoonfuls; after that four spoonfuls of the almond, and so on, till the mould is filled in stripes growing wider as you get nearer the bottom.

**A Bombe** may be described as a cream-ice *masked* by a water ice, the colour of each being thoughtfully chosen. Red currant water and vanilla cream form a favourite combination. Make each ice as usual, and when thoroughly frozen, set the mould in ice, and *line* it with the water ice—say an inch thick, trimming the ice with the spatula, as evenly as you can; then fill the centre of the mould with the cream-ice, press all firmly together, close the mould, and turn out the *bombe* when required.

Elaborate *entremets* are composed with three, and even four, differently coloured and flavoured ices. If each ice be very carefully made, the moulding is not a very hard operation. A mould of ice in three distinct rings of colour, strawberry, vanilla, and pistachio, is called *crême glacée à la Garibaldi*, and each combination of colours and flavours is known in the school of high class confectionery by a distinguishing title. Many of the most artistic compositions require moulds especially designed for them, and the more you enquire into the mysteries of the art, the more surprised you will be at the amount of tuition that is necessary ere the education of a professor in this branch of culinary work is considered complete. But, even if I were able to do so, what use would there be in my asking you to follow me through a category of intricate recipes which not one lady in five hundred would ever put to a practical test?

Before I proceed to the discussion of ordinary ices, however, I will just say a few words, for the benefit of those who live elsewhere, concerning an ice that is now pretty well known in Madras under the name of the **Columbine.** This delicious *entremets* is a combination of four ices:—Strawberry cream, chocolate cream, pistachio cream, and vanilla cream, and, as may be supposed, is only suited to large entertainments. Having made with care a pint of each description of ice, a couple of quart moulds should be filled, without any attention to pattern, with portions of each ice. The ice should be thrown into the mould boldly so as to obtain an irregular medley of colours, and when turned out should present the appearance of richly variegated marble.

*N.B.*—The proper name of this ice should be *glace à l'arlequin* or *glace à l'ambigu.* A columbine is arrayed in *white,* the chequered colours are the harlequin's.

The **Parfait** is a *specialité* among ices that must not be passed over. Of all *entremets* of this class it is the creamiest and most delicate. A *parfait* is consequently a softish ice, for

if properly made, it cannot be turned out very stiffly frozen. Let as take **Parfait au café** first.

Roast half a pound of coffee berries in a frying-pan, casting them in by handfuls at a time, and lubricating the pan with a very little fresh butter. As each batch of berries turns a pale brown, stop the roasting, and throw them hot from the pan into three pints of *boiling* cream; when all the berries have been so treated, cover the pan containing the cream and let the coffee steep for an hour.* Put sixteen yolks of eggs in another stew-pan with a half a pound of sugar, and two table-spoonfuls of water, whip to a froth, then stir over a very low fire until the custard forms, strain it through a fine sieve, turn it, while hot, into a large bowl, and whip it vigorously. While this operation is progressing, the cream shall be strained from the coffee berries, and also vigorously whipped. Next amalgamate the two "whips." Put the freezer in the ice-pail, and put the mould for the *parfait* in some rough ice. Pour the cream-custard into the freezer, and work it constantly with the spatula until partly frozen. Now add a coffee-cupful of plain syrup, and go on with the freezing, adding another half coffee-cupful of syrup, and a quart of well-whipped cream, to finish with. Fill the mould with the *parfait*, bury it in ice, and serve on a napkin as usual.

If the quantities above given be reduced one-half, a *parfait* large enough for eight or ten people will be obtained.

For **Parfait au Chocolat** the following recipe may be depended upon. Put a pound of chocolate into a stewpan with a quart of cream, and stir the chocolate about until it has melted. In another stewpan put twelve yolks of eggs, and half a pound of sugar: add the melted chocolate, and stir it over the fire until the custard thickens. Remove the pan, stir for three minutes off the fire, and then strain the whole through

* NOTE.—Or the cream may be simply flavoured with essence of coffee without boiling.—W.

a fine seive. Put the composition into your freezer, and work it according to the standard directions until partly frozen; next add a pint of whipped cream, continue the working till the ice is formed, then turn it into a mould, bury it in ice until wanted, and serve.

These are the two best known *parfaits*. Observe that you do not use *milk* in this kind of ice: it can only be made with cream and eggs.

With regard to the ordinary cream ices generally given at balls, soirées, and with the dessert at a dinner party, a very good authority on matters culinary has laid down the following rule:—

"The use of cream alone is best adapted for ices flavoured with the juice of fruit; a custard, or a combination of it with cream, is the best foundation when aromatic substances, such as coffee, chocolate, vanilla, &c., are used as flavouring."

A pint of good cream to a pint of juice, or of fruit *purée* is recommended by the same writer, who adds that when no fresh fruit is procurable, the syrup obtainable from jam is a fair substitute, while fruit preserved in syrup, tinned or in bottles is better still.

The amount of sweetness may be regulated by taste. If the juice or *purée* be a little over-sweetened before freezing, the result will be found satisfactory.

In this way, peach, pine-apple, apricot, strawberry, cherry, greengage, raspberry, currant, mango, melon, Brazil-cherry, apple, and pear cream ices can be prepared in India without difficulty. Fresh fruit should be used whenever it can be got, and preserved fruit in syrup, or prepared fruit syrup rather than jam. If carefully treated, the American canned fruits provide the ice-maker with excellent materials.

Cream, as I have said before, is more easily talked of than obtained in this part of the world. If at all doubtful regarding

its quality, it is far wiser to fall back upon the custard, saving a little really rich whipped cream to work into the ice as a finishing touch. A bountiful use of fresh yolks in conjunction with new milk—a precept that I cannot repeat too often regarding ices—produces a far better effect than milky cream.

When the custard has been made, always *strain* it into a large bowl, and *whip* it well before passing it into the freezer.

**Orange** and **Lemon Cream** ices require different treatment from that laid down for other fruits. The former should be made in this manner:—Peel as finely as possible the colored part only of the rind of three good sized oranges. Omit all pith. Put the parings into a pint of fresh milk: boil the milk, and let it get cold with the rind in it. Put the yolks of eight eggs in an enamelled pan, strain the milk over them, and proceed in the usual way to make a rich custard; when satisfactory, strain, and whip the custard till cold, stirring into it six ounces of sugar in which the juice of the three oranges has been mixed. Proceed to freeze adding a coffee-cupful of whipped cream to finish with.

**Lemon Cream** ice must be made with essence of lemon: the lime can only be recommended for water ices. The process is the same as that given for **Vanilla Cream**:—

Boil a pint of milk with six ounces of sugar, flavouring it with vanilla (or lemon, or ratafia): let it get cold, turn it to a custard with the yolks of eight eggs, strain, whip, freeze it, and stir in a coffee-cupful of whipped cream when partly frozen.

**Chocolate Cream** should be treated as follows:—Make a pint of chocolate as if for drinking, using two ounces of chocolate to the pint, and five ounces of sugar. When boiled and well frothed up, let it get cold, and strain it through a piece of muslin into a pan containing eight yolks of eggs. Turn the liquid to a thick custard, strain, whip, let it get cold and then add a tea-spoonful of vanilla essence. Go on with the freezing, finishing with the coffee-cupful of whipped cream.

*N.B.*—The addition of vanilla flavouring to chocolate is a *sine quâ non.*

**Coffee Cream** is not made like the above. Two ounces of coffee berries will be wanted for a pint. Roast them on the spot (as described for *parfait au café*) and turn them hot from the pan into the boiling milk.* Let them soak for an hour keeping a gentle heat under the pan: let the milk get cold after this, then strain, and turn it to custard with eight yolks, sweetening with six ounces of sugar. Strain, whip, and freeze as usual, adding the coffee-cupful of whipped cream after freezing has commenced.

An excellent ice can be made with *cocoa,* by following the rules submitted for chocolate; and a very favourite one is flavoured with tea as follows:—

**Crême au thé glacée**:—Either make a rich custard with a pint of milk, six yolks, and six ounces of sugar, and stir into it while freezing a liqueur-glass of *crême de thé* liqueur followed by a coffee-cupful of whipped cream: or, boil and sweeten a pint of milk; when it boils, throw in four tea-spoonfuls of the best flavoured orange pekoe, or flowery pekoe, stir it round, and keep it at a gentle heat for an hour; then strain, turn the milk to a custard with eight yolks, freeze and finish with whipped cream.

Ices flavoured with nuts are always popular:—Pistachio, filbert, almond, *praline* (burnt almond), &c. **Almond ice** can, of course, be produced, like vanilla ice, with the essence, but if possible a *purée* of the nut, not forgetting the judicious addition of a few bitter ones, is greatly to be preferred. These proportions will be found reliable:—Four ounces of sweet almonds, eight bitter ones, six ounces of sugar and one pint of milk; eight yolks for the custard, and a coffee-cupful of cream for the last touch. When you pound almonds, use a little rose-water (as sold by the chemist) to prevent their turning oily, and

* Note.—Or use essence of coffee, cold.—W.

also to improve their flavour. Make the custard first, add to it as it cools the almond paste or *purée,* then freeze and mix in the whipped cream as usual.

**Créme au Praline** (burnt almond cream) is a delicious ice:—For a pint take four ounces of sweet almonds (no bitter ones) chop them up, and cast them into a copper pan in which two ounces of sugar have been stirred till melted. Continue the stirring for five or six minutes, then spread the almonds out upon a baking-sheet, let them get cold, and after that, pound them, assisted by rose-water, to a paste: mix them with a rich custard while it is hot, and let the liquid get cold; strain, and freeze as before directed.

*N.B.*—Some finely-chopped pieces of the burnt almond should be saved and roughly mixed with the ice when the cream is added.

**Filbert Cream,** possible at Madras during the cold months, is another highly refined composition:—Toss five ounces of filberts in a frying-pan for a few minutes, so that the brown skin may become crisp, and peel off readily: when cold, pound them with a little rose-water to a paste, which stir when pounded into a pint of rich, hot custard, made with a pint of milk, six ounces of sugar, and eight yolks. Finish as before explained.

**Pistachio Cream** the choicest of nutty ices, requires four ounces of the nut, *shelled,* to the pint; a squeeze of lime juice with rose-water should assist the pounding; a thought of 'spinach greening' should be added just before freezing, and a table-spoonful of maraschino may be with advantage added to the frozen custard just before the whipped cream is poured in. In other respects the receipt for filbert ice should be followed.

*N.B.*—In the absence of pistachio nuts, a very excellent imitation can be made with:—Four ounces of almonds, a tea-spoonful of vanilla essence, a table-spoonful of maraschino, and one of rose-water.

**Chesnut Cream,** also within our reach at Christmas time here, requires, for a pint, twenty good chesnuts. These should be skinned and turned into boiling water for five minutes, so that the brown skin may be peeled off easily. After that, put the nuts into some weak syrup, give that a tea-spoonful of vanilla essence, and simmer until the nuts are quite soft: then drain, and pass them through the sieve using a little rose-water, add to the paste so obtained a table-spoonful of maraschino, and then go on with a custard of eight yolks as prescribed for filbert ice.

For "**Promotion nut" cream** I would proceed exactly as laid down for almond, not forgetting the rose-water during the pounding. To the nut paste I would add a table-spoonful of maraschino, and a tea-spoonful of vanilla essence.

Cream ices may be made of plain custard, and flavoured with liqueurs only, as in the case already given of *Crême au the:* a liqueur-glass to the pint is enough. Liqueurs should not be added (except in the cases given with nut pastes) until freezing has set in: they must then be briskly worked into the half-frozen mixture, and, when well stirred in, the whipped cream should be added.

**Ginger cream** ice is made by adding sufficient syrup of preserved ginger to a plain custard to flavour it thoroughly. A little of the preserve chopped small may be added to the ice with the whipped cream.

**Water ices** of fruit should be made in these proportions:— Half a pint of pure juice, or *purée* to a pint of syrup (sugar and water), with a squeeze of a lime. A thought of cochineal is given to pink ices. As with cream, so with water ices; fruits in tins and bottles, jams, and prepared fruit syrups, may be used. In the case of the last, add the juice of a lime to the syrup *as it is* when poured from the bottle, and to a pint bottle add a coffee-cupful of water.

*Ergo,* the hard and fast law for water ices is a simple one :— Make a nicely-flavoured sweet syrup, and ice it. The commonest attention will enable you to make syrups of strawberry, raspberry, currants, black, red, and white, Bangalore raspberries, mangoes, greengages, pine-apple, ginger, lime, peach, apple, pear, citron, marmalade, orange, apricot, cherry, &c., &c.

One hint more while on the subject of ices. If you give a good iced-pudding, do not follow it with an ice at dessert, and, *vice versâ,* if you intend to give a nice ice at dessert, do not give an iced-pudding,—the double service of ice is bad art.

NOTE.

In the case of a *columbine* ice, or a *parfait,* the ordinary method of freezing may be dispensed with if the stiffly whipped cream and custard be pressed down in a closely fitting ice-mould at once, and buried in ice and salt. For a quart mould, twelve pounds of ice, and two of salt, must be used to begin with ; and a similar quantity must be added at the end of an hour. Twenty-four pounds of ice altogether. The custard must be made of *raw* eggs and a little water, and be *well whipped* before being mixed with the *whipped cream.* All sweetening and flavouring must be carried out *before* the whipped cream and custard are put into the mould.—W.

## CHAPTER XIII.

# *Iced-Puddings.*

OF late years an iced sweet *entremets* has become an essential item in the *menu* of an artistic dinner. With its assistance, indeed, the successful little banquet is crowned. Ladies, therefore, who are anxious to excel as *maîtresses de cuisine* ought to devote special attention to their "puddings" *glacés*. Now, it has struck me that this important branch of sweet cookery is, as a rule, completely slurred over in all ordinary culinary guides. I know of no book in which a lady can find, if she wish to do so, a list of iced-puddings with recipes for their composition clearly given. Gouffé gives, it is true, a few super-excellent dishes under this head, but his receipts are often impracticable in India, and his work is too expensive for general adoption as a *vade-mecum*. What is wanted, I take it, is a short chapter, specially reserved for iced *entremets sucrés*, from which the mistress of the house can, without difficulty, select a pudding, and give the necessary directions for its composition. We all stand in need of variety, to attain which we require an *aide mémoire* adapted to the resources within our reach.

The simplest kind of iced-pudding may be described as a rich custard, delicately flavoured with vanilla, ratafia, lemon, or almond essence, sweetened correctly, assisted by a little dissolved gelatine, and frozen; when *partly set*, embellished with chopped dried fruits, and finished off with a cupful of

*whipped* cream. By some people this kind of *entremets* is erroneously called a "Nesselrode pudding," concerning which I shall speak later on. It should be named according to the flavour given to it, viz.:—"pudding" *glacé à la vanille, &c.*

The quality of a simple pudding depends upon the richness of the custard; be liberal with the yolks of eggs, and thicken the milk most carefully *en bain-marie.*

The flavouring of the custard is not difficult, nor is its making if the cook be careful. Eight yolks to a pint, or even ten if they happen to be small, will be necessary to produce the proper richness.

An imperial pint mould will be found sufficient for six people.

The final modicum of whipped cream—added when freezing has commenced—imparts that creamy flavour so much to be desired.

Dried fruits should not be mixed with the custard until it is partly frozen; if well stirred in, they are then evenly distributed throughout the pudding, whereas, if put into the custard in the first instance, they would sink to the bottom of the freezing pot, and come out *en masse* at the top of the pudding.

Liqueur of any kind may be put in with the fruit, and it will be found decidedly advantageous if the chopped fruit be tossed in a frying-pan, with a glass of brandy, rum, liqueur, or Madeira. As soon as the pieces of fruit have absorbed the liquid, stop the tossing, and set them to get cold.

The addition of half an ounce of dissolved gelatine per pint is to be strongly recommended; it softens the general effect of the composition, and aids, I think, in bringing about that cream-cheese-like consistency that I have already spoken of.

The process of freezing an iced-pudding is precisely similar to that of all ices. It can be frozen in the freezing pot, and moulded afterwards, or it may be set once for all in an hermetically closing ice-mould.

Remembering these general rules we can diversify our composition as follows:—With any fruit *purée* instead of the flavouring essence; with chocolate, cocoa, coffee, and tea; with pounded almonds, pistachio nuts, and chesnuts (when we can get them) and with combinations of two or more of these ingredients.

In the case of a "pudding" *glacé aux fraises, aux cerises, aux abricots*, or any *fruit*, the purée (or prepared syrup) must be amalgamated with the rich custard, and the difference between the pudding and the ordinary cream ice will be more clearly defined if an allowance of crystallized fruit (the same as that used in the *purée*) be stirred into the half-frozen custard.

Before going any further, let me now submit a few recipes for plain iced-puddings, which, for the sake of distinction, we will place in Class I.

I have already explained the chief points to be observed in making a simple pudding; taken step by step, however, the process may be thus described:—Measure a pint of fresh milk; slightly over-sweeten it by boiling it up with six ounces of sugar, and flavour it, according to taste, with vanilla or other nice essence. Let it get cold. Put ten good sized yolks of eggs into a basin, mix them thoroughly, and stir them by degrees into the sweetened milk which should now be poured into a double-saucepan, or into a plain saucepan placed *en bain-marie.* Stir the mixture unceasingly until it attains the proper consistency, and then strain it off, catching up any lump that may possibly have formed in it. Dissolve half an ounce of gelatine in some hot milk, and strain the liquid into the custard; stir well, and let it get cold. While the custard is cooling, set the freezer in the ice-pail as laid down last week, having scalded and cooled it before doing so. Pour the custard into it, secure the cap, and commence the freezing, conducting the operation exactly according to my previous directions. When fairly well formed, add a couple of table-spoon-

fuls of minced citron, candied peel, and preserved ginger, or any crystallized fruit chopped into small dice, and previously tossed in brandy, rum, or liqueur, and stir the mince into the iced-custard; close the freezer, and work it about for a couple of minutes or so, and then pour in a coffee-cupful of cream, well whipped. When completely formed, set a pint mould upon ice, and when as cold as possible, fill it carefully with the frozen pudding, pressing it firmly down. Completely bury the mould in ice as soon as it is filled, and keep it so until the moment of service arrives. Then dip it into ordinary cold water, turn it out, and serve. Enough for six.

Here let me observe that we all make a great mistake in putting off the freezing of our ices, and iced-puddings, until dinner is at hand. An iced-pudding should be complete in every respect *an hour* before it is required, being buried, of course, in ice till wanted. In this way the possibility of failure is averted, and the ears of the company at dinner are not offended by the annoying sound of the freezing operation which our servants love to carry on as near the dining room door as possible.

For a "pudding" *glacé aux fraises* add sufficient ready-made strawberry syrup to the custard to flavour it *thoroughly* (the lady of the house should superintend this herself), or add the juice extracted from half a pound of good strawberry jam by the following process:—Put the jam into a slop basin, dilute it with milk until sufficiently fluid to pass through a sieve; then strain it, catching up all seeds and lumps, and stir it into the custard with the juice of a lime, and the dissolved gelatine. A few drops of prepared cochineal must next be given until a light rose pink tint is obtained: avoid a darker shade with the utmost care. Crystallized strawberries* cut in halves, should be stirred into the freezing custard, and whipped cream also as already explained.

In like manner you can make "puddings" *glacés aux*

* Or strawberries preserved in syrup.

*cerises, aux framboises, aux abricots, &c.* A "pudding" *glacé aux pêches* would require in addition to the custard a *purée* of the preserved American peaches, and a few slices of the fruit to garnish the mould.

If you make a mould of any one of these iced-puddings, and cover it with a cake-case made to fit it, you may call the *entremets Charlotte à la fraise, à la framboises, &c.* These cake-cases may be made very prettily as follows :—Make a number of **Savoy Biscuits**, or "**lady's fingers**" as they are sometimes called, in this way :—Break eight eggs, and separate the whites from the yolks. Beat the yolks well, and whilst beating, strew into them six ounces of powdered sugar, adding the juice of a good lime. Beat the mixture quite smooth, and then stir into it three quarters of a pound of well-sifted flour, and the whites of the eggs whipped to a stiff froth. Put a well-buttered paper upon a baking tin, and lay the paste upon it in strips the length of the depth of the mould you intend to use, the eighth of an inch thick, and about an inch and a quarter wide : bake them in a quick oven. An oval or circular piece of paste should be cut to form the cap or top of the case, and be baked in the same manner. When the pieces of cake are ready, make a strong cement with the whites of three eggs and an ounce of finely-sifted sugar, and line the sides of the mould (a plain one) with the strips slightly over-lapping each other, cementing them firmly together, and fixing their ends with cement to the top or cap which should be put into the mould first of all. Allow a quarter of an hour for the cement to dry, and then invert the mould upon a dish; when you draw the mould away, the case will stand, firmly cemented, upon the dish. Now dilute your cement somewhat, and brush the outside of the cake-case over with it, powdering over it while wet some tiny "*non-pareil*" sugar plums, or crystallized sugar: finely-chopped almonds or pistachio nuts may be used for this garnish, and ordinary cake-icing is sometimes seen. Having decorated the case to your satisfaction it should be put aside in the ice box or in a vessel with some ice round it, and

carefully put over the mould of iced-pudding at the time of service. Remember that the pudding mould should be just a size smaller than the mould in which the cake-case is first formed.

Having noted the directions for making a cake-case, we ought next to give our attention to those iced *entremets* in the composition of which it is necessary. I have explained that an ordinary iced-pudding, covered with a cake-case, becomes a *Charlotte—à la fraise, à la vanille, &c.*, according to the pudding that might be selected. Now let me speak of the better varieties, viz.:—the *Charlotte Russe* and its intimate connections *à la Châteaubriand, à la Sicilienne,* and so on, in Class II.

The early history of the **Charlotte Russe** is buried in antiquity. All traces of its origin have been lost. Even the name of the artist who was first inspired with its composition has not been handed down to posterity. In an ancient edition of Soyer, published some five and thirty years ago, we find a *Charlotte Russe,* the one, in all probability, from which the *Charlotte* of to-day is descended. It was not, in those days, it seems, an iced dish: it was an ordinary *crême au marasquin,* set with isinglass, and served within a cake shell.* The honor of developing the charms of the *Charlotte* was reserved, I believe, for a talented French *confiseur,* one Monsieur Montmirel, who was the first to whom the idea of icing the cream revealed itself.

A plain **Charlotte Russe** for six, according to modern theories then, should be made in this way:—Commence early in the day by making the cake-case, just sufficiently large to cover the pint mould which is eventually to contain the ice. Let it get thoroughly dry, and then decorate it as prettily as you can: when finished to your satisfaction, put it aside in the ice-box, or in as cool a place as you can find. For the ice,

* NOTE.—And, when ice in sufficient quantity may be difficult to get, the old fashioned method may still be followed.—W.

make as rich a custard as possible with a pint of milk, and eight or ten eggs; sweeten this to taste, but do not flavour it with any essence; mix into the warm custard half an ounce of dissolved gelatine, strain it, and whip the mixture in a roomy basin until it is quite cold. Six ounces of sugar to the pint, remember, is the amount required. When the whipped custard is cold, pour it into the freezer, and work it round briskly for five minutes, using the spatula freely; then continue the working, and when you find that the custard is beginning to consolidate, stir into it as vigorously as you can a coffee-cupful of whipped *cream;* give the mixture a few turns, and then add a liqueur-glass of maraschino. Having well mixed this into the half-frozen custard, close the lid of the freezer and finish the work as soon as you can. When completed, fill the mould with ice, pressing it down carefully as you do so, and set it in a bed of ice until wanted. Be careful in burying the mould,—if it be not an hermetically closing one,—not to allow any water from the thawed ice to get into the *Charlotte.* This may be guarded against by packing the mould in ice within an inch of the brim, and covering the top of it with a pan or dish containing ice. When the *Charlotte* is wanted, turn out the pudding, cover it with the case, and serve. All *Charlotte* cases should be buried in ice for at least an hour before they are required. This is easily done by placing the case in an empty vessel sufficiently large to hold it, and surrounding it with lumps of ice.

Here let me observe that, in the case of a *Charlotte Russe* specially, pure rich cream as thick as an ordinary custard, may take the place of the milk *if you can get it.* The custard is, however, an excellent substitute, and to my mind far better than the so-called cream (!) of the Madras milk-man.

**Charlotte Russe à l'abricot** (for ten or twelve covers): Make a pint of apricot *purée* with preserved American apricots, put it into a slop basin, and stir into it three-quarters of a pound of sugar, and an ounce of dissolved gelatine. Pour the

*purée* into the freezer, and when it begins to harden, add a quart of the best cream, or of the very richest custard whipped to a froth; when formed, finish as already described. **Charlotte Russe à la pêche** can be made in a similar manner. For **Charlotte Russe au praline** (burnt almond) proceed as follows:—

Chop up half a pound of sweet almonds. Put four ounces of sugar into a sugar boiler, melt it, and, when burning hot, pour into it the chopped almonds; stir them briskly for four or five minutes, and then spread them out on a dish: when they are quite cold, pound them in a mortar with four bitter almonds to a paste. Now make a quart of rich custard, sweetening it with twelve ounces of sugar and using sixteen eggs at least; stir into it while warm the almond paste, and an ounce of dissolved gelatine; let the mixture stand at an ordinary temperature for half an hour, then strain it, and finish according to the rules given for ordinary *Charlotte Russe*, on no account forgetting a breakfast-cupful of whipped cream during the freezing process. This recipe will be found enough for a party of ten or twelve: a quart mould will be required.

**Charlotte Russe à la café.** This is a delicious *Charlotte.* For a quart proceed (says Gouffé) in this manner:—Roast half a pound of the best coffee berries you can procure. I strongly recommend the roasting to be conducted as follows:—put a roomy frying-pan on the fire with sufficient *butter* to lubricate its surface. Upon this cast your coffee in small handfuls at a time, stir the berries about briskly until they turn a bright Havannah brown; *they are then ready.* Continue the process a handful at a time, until all the coffee has been roasted: a berry that may turn at all black should be carefully picked out, and thrown away. In the instance now before us the nicely browned *berries* should be cast immediately into a quart of *boiling* milk, unbroken, and the pan containing them should be allowed to stand, with a very gentle heat below it, for an hour. Strain off the milk. Break sixteen or eighteen yolks

into an enamelled pan, with twelve ounces of sugar, and strain over them the now coffee-flavoured milk; make a rich custard, adding when off the fire an ounce of dissolved gelatine; strain and let it get cold. Ice it, add a breakfast-cupful of whipped cream while freezing, and finish off as previously directed.

**Charlotte à la Sicilienne** is made precisely like the foregoing, but with chocolate instead of coffee. Gouffé propounds one pound of chocolate to a quart of cream, or custard. He first melts the chocolate in cream (or milk) stirring the mixture over the fire till the paste is liquefied. If *cream* be used, he pours the melted chocolate upon the yolks of ten eggs, if milk be used, upon double that number, and goes on to make a rich custard. When satisfied with the consistency acquired, the chocolate custard is well stirred and worked through a fine sieve, an ounce of dissolved gelatine is added, and vigorously whipped: when cold, the usual freezing process follows, with the addition, during its course, of the breakfast-cupful of whipped cream, and a liqueur-glass of *crême de vanille.*

The **Charlotte à la Châteaubriand** is perhaps the Queen of *Charlottes;* Gouffé considers the *chef d'œuvre* of his friend Montmirel:—

Flavour a quart of the best cream with vanilla, sweeten it with eight ounces of sugar, and turn it to custard with the yolks of twelve eggs. If milk be used, twenty-four yolks will be needed. When the custard has thickened satisfactorily, stir it well, (off the fire) for five minutes, pass it through a fine strainer, and whip it well in a roomy bowl. Next, flavour some syrup with maraschino, and boil up in it, cut into dice six preserved pears, five preserved apricots, five preserved greengages and four ounces of dried cherries; after coming to the boil, let the fruit get cold in the syrup. Having thus prepared the fruit, set the freezer in the ice, and pour the whipped custard into it, adding a liqueur-glass of maraschino, and a coffee-cupful of sweet almonds, pounded to a paste with rose-water. Stir this well into the custard, and go on with the freezing. When partly

frozen, add a breakfast-cupful of whipped cream, continue working till the cream has frozen, and then stir in the fruit; mix thoroughly, give the freezer a few turns more, and finally fill a mould a little smaller than the cake-case, which has, of course, been made beforehand, and set in ice. Turn out, and serve as before explained.

**Nesselrode Pudding,** as composed by M. Mony, Count Nesselrode's *chef,* is a very first class iced sweet *entremets* indeed; unfortunately, however, its name, as I have already pointed out, is often given to a common vanilla custard pudding in which some chopped dried fruit has been mixed; and in this way a real work of art has become degraded. The backbone of a Nesselrode pudding is a *purée of chestnuts,* for although a very pleasant compromise can be effected with a *purée* of almonds, or better still with a *purée* of pistachio nuts, the fact remains that the pudding derived its fame from the chestnut. As that nut,—thanks to modern enterprize,—can now be obtained in Madras in the winter season, the real receipt for a '*Nesselrode*' may be acceptable.

Peel forty chestnuts, blanch them in boiling water for five minutes, then peel off the second skin, and put them into a stew-pan with a quart of syrup, moderately sweet, and a stick of vanilla or a tea-spoonful of the essence: simmer till the chestnuts are perfectly soft, then drain, and rub them through a fine sieve. Make a quart of custard exactly as laid down for *Charlotte à la Châteaubriand* and blend with it, when satisfactorily thickened, the chestnut *purée;* strain, and add an ounce of dissolved gelatine, add a sherry-glass of maraschino. Let it get cold. Next take four ounces of raisins, and four ounces of currants, wash them, and pick them carefully; and put them into a saucepan with a wine-glass of syrup, and a liqueur-glass of maraschino, let the syrup boil, and then set the fruit to cool therein until wanted. Freeze the chestnut cream according to previous directions, adding a breakfast-cupful of whipped cream when it is partly frozen, and the fruit last of

all when freezing has been completed. Mould the ice, and serve it plain—*i.e.* without any cake-case, for Nesselrode is in no way connected with the Charlotte family.

Gouffé's "Pudding" **glacé à la Marquise,** thanks to the canned fruits now imported from America, is a delicious iced *entremets* well within our reach :—

Open a tin of American preserved pears, turn them into an enamelled stewpan with their own syrup, adding sufficient weak syrup to cover them ; simmer them slowly until they become soft enough to press through a fine sieve. When that has been done, add to the *purée* about half a pint of the syrup in which the pears were stewed. Next, open a tin of preserved pine-apple, take half a pound weight of the fruit slices, cut them into dice, and pour a claret-glassful of the pine-apple syrup into the pear *purée.* Cut up half a pound of crystallized cherries, and let them soak in some of the pear syrup that may have been left. Now, set the freezing pot in the pail, surrounded with crushed ice and salt, and pour the pear *purée* into it ; work it well every now and then with the spatula, and then add four whites of eggs *à la meringue,* made as follows :—

Put a quarter of a pound of sugar into a sugar boiler with sufficient water to make it as thick as honey ; whip the four whites of egg, and pour the boiling syrup over them, whipping all the time ; this mixture when cold is what you want.

Continue working the freezer, and using the spatula, until the *purée* is completely frozen ; then work into it the pine-apple dice, and the cherries ; turn it out into a mould (a dome-shaped one, six inches in diameter, and nine inches high, is the correct shape) and bury it in ice and salt for a couple of hours, when it may be turned out upon a napkin.

*Marquise* pudding should be accompanied by the following sauce :—Pour a pint of champagne into the freezer, stir into it a coffee-cupful of thick syrup, let it freeze, then add a white of

egg *à la meringue* as already described, mix thoroughly and serve in a boat. Observe that in this pudding you require neither cream nor custard : it is a consolidated pear *purée* depending for its success upon the delicate combination of fruit flavours employed in its composition.

**Riz á l'Impératrice glacé** is an easily made, and a decidedly commendable iced sweet. Blanch half a pound of rice in boiling water, drain, and put it into a stewpan with three pints of boiling cream in which it should simmer very gently for an hour. While this is going on, make a nice mince of mixed fruit :—preserved pears, pine-apple, apricots, greengages, or any nice dried fruit. Toss the mince in a pan with a breakfast-cupful of weak syrup, and a glass of maraschino; let it absorb the liquid, and then put it aside to cool. Now, put the freezing pot in the ice, and pour the rice and cream into it; work it until it is partly frozen, and then add three whites of eggs *à la meringue,* prepared as for *Marquise* pudding. Continue the working with the spatula, and when the freezing is complete, stir the minced fruit into the rice. After this, the pudding should be moulded, and buried in ice until required. A sauce similar to that recommended for *Marquise* pudding may be served with this one.

The difficulty here, I fancy, is the cream, three pints of which are more easily talked of than obtained. A substitute must accordingly be found in a good custard. First blanch the rice, then boil it in milk very slowly till it is soft ; strain it, and add sufficient milk to that drained off to fill three pints ; with this, make an excellent custard, using twenty yolks at least ; sweeten it to taste, add an ounce of dissolved gelatine to it, flavour it with vanilla, whip it well, pour it over the rice, and let it get cold. Proceed for the rest of the work as in the foregoing receipt, but if you sweeten the custard, and use gelatine, you will not want the whites of eggs *à la meringue.* A coffee-cupful of well whipped cream should be stirred in instead. The quantities given here are for a very large pudding. Five or

six ounces of rice to a quart of custard would make a pudding large enough for ten or twelve.

The **Plombière** requires a special mould in three or four tiers, the top one smaller than the second, the second smaller than the third, and so on. If each tier be filled with a differently coloured ice, as far as appearance goes, the result is remarkably pretty. A plain almond *plombière* is made as follows:—Blanch and peel half a pound of sweet almonds and fifteen bitter ones: wash, and dry them in a cloth. Pound them to a paste in a mortar using some rose-water to assist the operation. Make a quart of rich custard with fresh milk, twelve or fourteen eggs, and eight ounces of sugar, add the almond *purée* to the custard, and an ounce of dissolved gelatine; whip it well, let the custard get quite cold, and then strain it. It is now ready for the freezer; work it briskly, and when partly frozen, add a breakfast-cupful of whipped cream. When quite frozen, line the top of the mould with slices of dried apricot, and fill the top compartment with the ice; next garnish the ledge of the next tier, and fill it up in like manner; and if the mould have a third story, garnish it also, and fill it with ice. When satisfactorily moulded, the pudding can be buried in ice until it is wanted. If made of strawberry and almond ices, or of chocolate and vanilla, the *plombière* will be better still, but then you must have two freezers and two pails, and make a pint of each ice separately.

The **iced-soufflé** *(soufflé glacé)* is perhaps the most *recherché* of all iced sweet *entremets:* it is the favourite *pudding glacé* at Marlborough House, it is a *spécialité* at the dinners given at St. James' by the Gentlemen at Arms, and it is generally met with at the choicest banquets of the London season:—

Put the yolks of eight eggs into a stewpan, with a little water and three ounces of sugar; beat them well together. Boil for ten minutes in a separate saucepan a pint of milk with an ounce and a quarter of isinglass, stir continuously and add a tea-spoonful of vanilla essence; take it off the fire, and

cover it until three parts cold; then pour it into the stewpan containing the eggs and sugar, mix well together, making a rich custard: when the custard has formed satisfactorily, put it aside to get cold adding four liqueur-glasses of maraschino to it, and whipping it to a froth: then put it into the freezer. When half-frozen, mix with it six whites of egg *à la meringue* as already described, and half a pint of whipped cream: freeze thoroughly. Prepare a silver *soufflé* dish with an edging of frilled paper round the top of it, or make a strong paper case with a frilled edge, and when ready to serve, fill the case or dish with the ice, sprinkle the surface bountifully with crushed ratafias, and serve in imitation of the *soufflé chaud.* Do not press the ice down tightly: it should be as light and frothy as possible.

**Meringues glacées** make a very presentable dish. They may be diversified in many ways. After having made the *meringues* and hollowed them, that is to say, you can fill them with any nice ice. First, for the *meringue* cases:—Put a dozen whites of eggs into a whipping bowl, and whisk them as stiffly as you can; add a pound of sugar, mix well, and then, with a table-spoon, set the mixture at intervals on a sheet of buttered paper in portions of the shape and size of a turkey's egg. Dredge some pounded sugar over the *meringues,* and after they have rested a minute, shake off the superfluous sugar. Lay the sheet upon your baking tin, and bake the *meringues* till they turn a pale yellow. Remove the inside of each with a spoon, being careful not to break the cases, dredge a little sugar over them, and put them back on the sheet in the oven to dry and harden. Each *meringue* will then be boat-shaped, and if one be reversed over another, an oval case will be made. As soon as formed to satisfaction the hollowed *meringues* should be set in the ice-box. When wanted at dinner, they may be filled with any nice cream ice, and served complete, *i.e.,* one reversed over the other, and the ice held in the centre. The name given to the *meringues* will depend, of

the kind of ice used, viz. :—*meringues glacées à café, au chocolat, &c.*

**a confiture glacé en surprise** makes a nice iced oblong mould, plain or fluted, eight or nine nd four and a half inches in diameter, with an losing top, is absolutely necessary. The dish ɔed as a light cake rolled with jam and buried in ie cake as follows:—Take half a pound of sifted reak seven eggs over it, and beat the sugar, and r with a whisk, or a steel fork, for at least *half an* ke the weight of three eggs in cornflour or arrowroot, ter you have finished the beating, add a tea-spoonful of ılla essence to the eggs, stirring the flour well into the xture afterwards. Pour the batter about a quarter of an inch ck over a flat baking dish well buttered, and bake it in a derately hot oven; when half done, take it out, spread the face of the cake with the strawberry, apricot, or raspberry n, and roll the cake over as you would a roly-poly pudding. -place the roll in the oven, and stop the baking when the ke turns a bright yellow, and is spongy and light. Having de the roll of cake to your satisfaction,—it should be two d a half inches in diameter at the outside,—make a pint of n vanilla custard ice; when about half-frozen, add the fee-cupful of whipped cream, and give the freezer a few brisk ns. Now, set the cake in the centre of the mould, filling ınd it carefully the partly-frozen vanilla ice: when packed, se the mould securely, rubbing the top with marrow or suet prevent water escaping into the pudding, and continue the ezing in the usual manner. When frozen firmly, turn the dding out of the mould, and serve it, cut into slices, on a napkin.

# CHAPTER XIV.

## *Concerning Fruit Preserving.*

TAKING into consideration the fact that we possess in this part of India several varieties of fruits susceptible of preserving, it seems strange that so little is done now-a-days in the way of home-made jellies, jams, &c. In the time of our fathers, Anglo-Indian ladies were wont to pride themselves upon their guava and wood-apple jellies, their preserved pine-apple, and so on. The decline of this domestic industry may, of course, be traced to the large importations of English and Australian jams, and the comparatively trifling price that is now attached to those commodities. Still I would ask you why,—as a *spécialité* that money can hardly buy,—should we cease to make guava jelly? And why should we not endeavour to bring novelty to the dessert-table in the shape of guava cheese, pine-apple conserve in brandy, Brazil-cherry cheese, &c.? We all know how highly prized guava jelly is in England, and that Brazil-cherry or, as it is sometimes called, "Cape gooseberry" jam imported from South Africa commands a fancy sum at the few establishments at which it can be obtained in London. It is an established fact too that jams and jellies made at home with carefully picked and well cleaned fruit, and the best sugar, surpass anything of the kind offered for sale. In the hope, therefore, that I may be able to recall attention to a good old fashioned practice, and encourage you to revive a very useful item of housekeeping economy,

I propose now to give you a few simple recipes suitable to our requirements in this part of India.

First then, let me submit a list of fruits which either in jelly, or in jam, are well worth preserving:—The Bangalore strawberry, the Bangalore raspberry, Brazil-cherry or Cape gooseberry (a wild plant on the Hills, but capable of being cultivated in every garden during the cold season), the guava, mango, peach, orange, melon, pine-apple, roselle, pear, and apple.

Fruits with seeds, like raspberries, guavas, &c., are of course better in jelly than in jam. In the form of 'cheese' many fruits are nice. The process is simple. Whereas jelly may be described as the pressed juice of fruit, cheese may be termed its *purée*,—that is to say, the pulp of the fruit deprived of skin, stones, &c. *Clear* cheese is, however, jelly reduced by gentle simmering to a more solid consistency. The nicest form of strawberry preserve is, of course, that in which the fruit is kept whole, and the syrup, in which it is suspended, as clear as possible. I have known this agreeable result obtained at Bangalore, as I cannot do better, I think, than commence by giving a recipe for:—

**Strawberries preserved whole.** For this you will require two qualities of fruit:—some *perfect* berries specially selected for the preserve; and some less good looking ones, very ripe, or those that have had bruised parts cut out of them, for the syrup. Commence by placing the selected berries in sugar: they should be very clean and very dry: in order to secure those essentials it is, alas! necessary first to bathe, and then to dry them, an operation demanding the utmost tenderness. Spread them on a large dish, without crowding, and dust over them *double their weight* of loaf sugar well pounded and sifted. Now, having cleaned the berries intended for the syrup, and got rid of all earthy grit, turn them in as dry a state as you can into a China bowl: then, with the back of a silver spoon, patiently bruise them, mixing with them their weight exactly of

pounded sugar. Immerse the bowl in a stewpan, or other vessel containing boiling water, place the latter over a slow fire, and cover the bowl of fruit closely. Let the water boil slowly, and keep the fruit covered until the juice is drawn out, and begins to thicken. Now, strain the juice, through a piece of muslin, into an enamelled pan, pressing the pulp through also, and then boil it, skimming off the scum; when the surface is clear, let it get cold. When perfectly cold, put the *whole* strawberries into the syrup, with all their sugar, and replace the pan over a *very* low fire, gently warming its contents; when warm, stop; cool the fruit, again warm it, and continue alternate cooling and warming until it is clear. Let the warming be very gradual, and on no account let the syrup boil. If you perceive that the fruit has a tendency to break, remove the pan from the fire, and do not replace it until the contents have become perfectly cold. When the preserve seems nice and clear, you may wind the operation up by carefully placing it on the pot or pots you have prepared for it. In choosing the strawberries for this treatment it is obviously a wise thing to try and get them of an even size. If unequal in weight, the light ones will cook too soon, and be inclined to break before the large ones are enough done.

**Strawberry jam** can, of course, be made of fruit that would be unfit for whole preserving, still the same rules hold good with reference to careful preparation of the berries. After having cleansed, picked, and dried them, cut out all bruised parts with a dessert knife, and in cases where the berry has a hard knotty point, cut it (the hard part) off. To three pounds of picked fruit, give *half* the weight, *i.e.* one and a half pounds of sugar,—it cannot be too white for nice jam,—and keep it ready. First, stew the fruit gently for half an hour in a copper-pan, or a large enamelled one, over a moderate fire, stirring it constantly with a wooden spoon. Then remove the pan, and mix the sugar with the strawberries; replace the pan, and encouraged rapid boiling for half an hour, remove

the scum as it rises, and when clear, pour the jam into the pots, covering each one with a piece of paper dipped in brandy. If the fruit be not of a sweet kind, three quarters of a pound of sugar to a pound of berries will not be found excessive.

**Strawberry jelly** is by our good house-keepers at home considered woeful extravagance. It is simply equal weights of pure strawberry juice and sugar boiled together for half an hour, skimmed clear of scum, and then potted. Considering the quantity of berries required to produce a quart of pure juice, I think our old lady friends are quite right.

**Raspberry jam** made of the Bangalore fruit ought to be better called *blackberry* jam, for the berry is not a raspberry, nor has it the flavour of any fruit but the blackberry. As it is full of seeds, I suggest two methods of preserving this berry, viz.:—*Blackberry cheese*, and *Blackberry jelly*. The former is the more economical of the two :—

The fruit is very sweet, so three-quarters of a pound of sugar to the pound of berries will be found sufficient. Crush the berries with the sugar, and put them into a preserving pan, and set it on the fire for three-quarters of an hour: the fire should be a very moderate one: let the fruit and sugar thicken, adding a glass of brandy while stirring and skimming the surface of the preserve. When skimmed clear, pass the whole through a clean sieve, or piece of muslin, into a bowl, extracting the seeds only, and then pot it. For a very solid 'cheese', you should return the *purée* to the preserving pan and reduce it somewhat without burning, and then pot it.

For the jelly :—Simmer the fruit alone for a few minutes to extract the juice, pressing the berries lightly with a wooden spoon, then strain the juice and weigh it. After that, turn the juice into an enamelled pan and set it over a fast fire to boil for nearly twenty minutes; then remove the pan and stir in sugar in the proportion of three-quarters of a pound to a pound weight of syrup: let it dissolve, and then return the pan to the

fire for another quarter for an hour's boil; skim and stir continually, and when the surface is clear, pour the jelly into glass jars, or pots.

The Brazil-cherry, or Cape gooseberry, yields, as everyone knows, a most excellent preserve. The facility with which jam made of this fruit is sold on the Neilgherries is ample proof of its popularity. The supply is indeed never equal to the demand. Now, as I have before observed, nothing is easier than the cultivation of the little shrub that produces this fruit. It flourishes well at Bangalore, Secunderabad, and Kamptee, and would, no doubt, succeed anywhere in India if planted after the heavy rains have passed off. Thus it may be safely asserted that we possess in the Brazil-cherry a fruit that merits better attention, and one that would certainly well repay a little trouble at the hands of the market gardener. With regard to the Cape gooseberry jam generally sold on the Hills, I believe I am right in saying that it is, as a rule, too sweet and waxy. The syrup in which the fruit is preserved being overcharged with sugar in the first instance, and then somewhat overboiled. The consequence of this is that independently of its stickiness, the jam loses much of the flavour of the fruit. The error of over-sweetening is easily accounted for,—preservers are afraid of running the risk of fermentation; and a similar dread counsels them to overboil. It is, therefore, essential to weigh both fruit and sugar very accurately, and to conduct the boiling by the clock.

**Brazil-Cherry Jam.**—First of all be sure that the fruit is very clean, and that it is also quite dry. Weigh it, and take exactly a similar weight of sugar: to every pound, add the juice of a couple of ordinary limes: put the fruit and lime juice into an enamelled pan to begin with, and boil them gently for ten minutes. It is recommended by some to *prick* each berry before commencing this stage of the proceedings. Then add, by spoonfuls at a time, the sugar, which, I need scarcely say, ought to be the best procurable. Let the contents of the

vessel boil, skimming and stirring perpetually, for forty minutes. The jam will then be ready to pot. It is, of course, wise to fill the pots, and put them away uncovered for a day, so that any tendency to ferment may betray itself. The syrup ought not to be thicker than that which is found in orange marmalade.

**Brazil-Cherry Cheese** is made like the above with this exception :—After boiling the fruit and lime juice together, turn the contents of the pan upon the sieve, and rub the fruit through it. Then put the *purée* so obtained into the pan again, and add the sugar, boil, skim, &c., as in the case of the jam.

**Brazil-Cherry Jelly** is made in this way :—put the fruit after weighing it into the enamelled pan, and add sufficient water to cover it. About three-quarters of a pint to a pound is the quantity required. Simmer the berries in the water until they have split, and their juice has been freely extracted. Strain the liquor from the husks, either through muslin or a silk sieve, &c., when it has all come through, weigh it, returning it to the pan for a quarter of an hour's boiling. Take exactly the same weight of the finest sugar, and amalgamate the juice and the sugar together in pan, off the fire mind, and then give the liquid a final boil for twenty minutes, skimming carefully during the boiling. In order to test the jelly before potting, pour a spoonful of it on a cold plate; if it congeals, it is ready. Lime juice in the proportions given for Brazil-cherry jam will be found an improvement in the jelly.

*Observation.*—Use a wooden spoon in all operations connected with preserving: one of metal often discolours the jam or jelly it may be employed in making. The use of the best sugar is absolutely economical, for it throws up less scum and so the waste is less.

Scum may be strained through muslin, and such of it as is clear may be added to the jam or jelly again.

And now we come to the guava. Of late years careful cultivation has vastly improved this fruit, especially at Bangalore, where it is now not difficult to obtain a guava that when quite ripe is of creamy tint inside, and comparatively free from seeds. Jelly made from this variety of the fruit ought to be as clear as apple jelly, and about the same colour. Guava jelly of a darker tint suggests the idea that jaggerry and not white sugar must have been used, and skimming dispensed with. Home-made guava jelly, or cheese, ought, therefore, to be vastly superior to anything that we can buy, eclipsing even the well-known Pondicherry preserve which, sold in little earthenware jars, is about the best in the market. There is a kind of guava that cuts pink inside, which may perhaps make a slightly darker preserve than the white variety, but if prepared with really good white sugar, and carefully watched, the jelly ought still to be pale coloured.

**Guava Jelly.**—Having selected the fruit, prepare a large bowl of cold water in which a wine-glassful of lime-juice should be mixed. See that the guavas are ripe and free from bruises, then pare them, and quarter them, throwing each quarter into the bowl of lime-water as soon as it is ready. This will prevent the discoloration of the fruit. When all the guavas have been thus prepared, take them out of the water, and place them in an enamelled pan, covering them with the lime-water. That is to say, pour in enough water to cover the fruit, *and no more.* Boil until the fruit is pulpy, then turn it out upon a fine sieve, or into a large jelly bag, and let every drop of liquid drain from the fruit. It is essential that the draining should be left to itself : no assistance in the form of squeezing or pressure should be given during the process. It will take a considerable time to effect this draining satisfactorily. When drained, weigh, and return the juice to the preserving pan. Boil again, adding by degrees sugar at the rate of twelve ounces per pound of juice. Lime-juice at the rate of ten limes to a hundred fine guavas may now be added. Careful skimming is now most necessary, and when no more scum rises, and the jelly is quite clear, pour

it while it is warm into the pots or jars. A hundred good guavas ought to yield a nice quantity of jelly, and the preserve, after straining is over, will take about two hours in preparation.

**Guava Cheese.**—Proceed just as if you were going to make jelly, but save the pulp from which you strained the juice. After having strained the juice, save about *a third* of it, and take the other two-thirds for jelly, proceeding as already described. For the cheese, put all the pulp into the pan again, and moisten it with the portion of the juice that you kept back; stir the fruit about in the pan well, adding to each pound eight ounces of sugar, and a tumbler of lime-juice; boil this well, until it forms a *thick* conserve; then turn the contents of the pan out upon a sieve, and press the fruit through it with a wooden spoon, catching up the seeds. Fill your jars with the cheese while it is warm, and when it has settled down, cover them in the usual manner.

Note here that the thrifty house-keeper should make jelly and cheese out of *one* lot of fruit, for she can make the former, as we have seen, out of two-thirds of the strained juice first, and then, with one-third reserved, she can turn the pulp of the fruit to advantage by converting it into cheese.

**Mango Jelly**: this jelly should be made of *green* mangoes of a good grafted variety. Proceed exactly as laid down for guava jelly, but use a pound of sugar to a pound of juice.—And by amalgamating the pulp with some of the juice, and then reducing it, a nice cheese or marmalade can be produced.

**Pine-apple Preserve.**—Pare off the rough outside of the pines, and cut them into slices half an inch thick, picking out the seeds and eyes, and carefully removing all bruises. The fruit should be quite ripe, but not "on the turn" as cooks say. To each pound of prepared slices allow a pound of sugar, and a tea-cupful of water. Set the sliced pine-apple into the preserving pan, with the water only, and boil gently until the fruit is quite soft; then with a fish-knife, or other broad instrument, take the slices one by one out of the liquor, placing them upon

a flat dish. Then add the sugar to the juice, stirring until it is dissolved : next slip into the syrup the pine slices, cover the pan, and let them boil until transparent. They can then be arranged in the jars, but continue the boiling of the syrup until it thickens like honey; it should then be poured into the jars over the slices. After a day's rest, close the jars as securely as you can,—with corks and wax if possible,—and then consign them to your coolest store room.

**Pine-apple Marmalade** is made by pulping the slices *à la purée*, and treating the pulp as explained for guava cheese.

**Pine-apple in Brandy**—Delicious. Choose a glass prune jar, and trim your slices of pine to fit it : let them be ripe and juicy. Having washed and dried the jar in the sun, place a layer of the best sugar at the bottom, upon that arrange a slice of pine, then sugar, and then another slice, and so on, till the pot is filled without being pressed down, then pour in sufficient brandy to cover everything—covering the top layer of sugar even—then secure, and put away the jar.

Indian peaches make a very tasty jam, marmalade, or jelly. It is, of course, necessary to select ripe fruit free from bruises, and to see that each peach is perfectly clean.

**Peach Preserve.**—Having wiped the peaches carefully, cut them in halves using a dessert-knife, remove the stones, peel off the skin, and scrape away any discolored flesh that there may be near the stone. This having been done, set the fruit upon a flat dish, or tray, to dry in the sun for an hour or so. Then weigh the peaches, and make a syrup of a pound of sugar to every three pounds of fruit, a tea-cupful of water to each pound, and the white of an egg to every two pounds. Mix the syrup independently, set in the preserving pan on the fire, let it dissolve and come to the boil, skimming off the scum. As soon as the surface is clear, the syrup is ready for the fruit. Now put in the half peaches, and let them stand simmering over a low fire for five or six hours. While the fruit is thus simmering, crack the stones and throw the kernels into the

pan. At the end of the six hours' cooking, lift the pan from the fire, and turn its contents into a large basin, cover the basin, and let the preserve rest for a night untouched. In the morning strain off the syrup from the fruit, and give it a boil, return the fruit to it, and if you perceive any indication of fermentation, boil all together once more. You can detect fermentative symptoms easily by the collection of little frothy-looking bubbles on the surface of a preserve. When satisfied that the jam is sound, pour into it a glass of brandy for every four dozen peaches, and simmer finally for a couple of hours. Then pour the preserve into the jars, and, when it has settled down, secure the tops of the pots as closely as you can.

**Peach Marmalade** is prepared in a somewhat less troublesome way as follows :—Having cleared, skinned, stoned and quartered the fruit, put it into a preserving pan over the fire, and stir it about until it is perfectly soft. Then pass the pulp through a coarse sieve, and beat it quite smooth, until no lumps remain in the *purée.* Then weigh it, and take an exactly similar weight of sugar; select a quarter of the kernels from the cracked stones, pound them to a paste with rose-water, and add them to the *purée.* Now, boil the mixture for a quarter of an hour. Stirring without ceasing, and skimming off all scum as it rises. As soon as you find that there is no more scum to take off, you may pour the marmalade into the pots, cover them in the usual way, and pass them off to the store cupboard. This recipe is strongly to be recommended for it is by far easier and more economical than that given for jam. The first process, *viz.* :—Reducing the fruit to pulp, ought to be completed in a quarter of an hour, and the final boiling up with sugar another quarter of an hour.

**Peach Jelly** can be made by following the recipe already given for guava jelly.

**Peaches in brandy** ought not to be passed over, for at dessert they will be found highly acceptable. See that the fruit is quite sound to begin with, and ripe without being too

soft. Wipe the peaches, and put them into cold water; then simmer them very gently until quite tender. Lift them out one by one, drain them quite dry, and when quite cold, pack them in glass jars, amid layers of pounded loaf sugar, when packed, fill the jar with brandy, and cover it securely. Look at it from time to time, and as the peaches absorb the liqueur, add a little more. Some pack the jar with the peaches alone, and make a syrup separately of a pound and a half of pounded loaf sugar dissolved in a pint of brandy, this they pour round the fruit after having filled the jar. There is not, after all, a pin to choose between the two systems, for in the former, the sugar and brandy amalgamate and become a syrup in due course of soaking.

**Brandied Peaches** are preserved in this manner:—Stew the peaches in a syrup made in these proportions:—seven ounces of sugar to each half a pint of water—turning them frequently: when tender, put them with the syrup into glass jars (prune jars will do nicely) leaving an inch at the top to be filled with brandy which should be poured in when the fruit is quite cold. Add the kernels of the peaches, blanched, and then cork down the jars securely.

The green fig is not often met with at dessert in the form of a preserve, yet it is capable of being turned to advantage in that manner, as follows:—

**Green figs in syrup**:—Choose a number of figs before they split from over-ripeness, and place them in cold water for twenty-four hours, then simmer them over the fire till tender; turn them out into cold water again, and let them stand for two days changing the water daily. Then weigh them, and take a similar weight of sugar. With two-thirds of the sugar make a syrup, and simmer the figs in it for ten minutes. Let them rest now for a couple of days, and then drain the figs from the syrup, add the odd third of sugar that you saved to the latter, enriching it thereby and give it a wine-glassful of lime-juice: in this replace the figs, and boil them once more,

skimming off all scum and when clear, the preserve may be potted. Some people add a little ginger to the syrup, but I think it better to let the flavour of the figs alone.

Marmalade of oranges is so easily procured, that it would be absurd to go to the trouble of making it at home. The same remark holds good with reference to apple jelly, preserved pear, &c. Roselle-jelly can be made by following any of the receipts for fruit jellies : it is by far the best thing to take with pork, being vastly superior to apple sauce. In the old days of pig-sticking, wild hog with roselle-jelly was looked upon as a *spécialité* worthy of the choicest banquet. The cultivation of the roselle is, however, fast passing out of fashion.

**Apples in whisky** may be regarded as uncommon, and consequently worth making in small quantities for a change :— Cut up enough ripe apples to yield a pound of neatly trimmed slices freed from skin, pips, and core. Take three quarters of a pound of pounded loaf sugar, put it into an enamelled pan, and stir into it a tumblerful of good Scotch whisky, adding a tea-spoonful of vanilla essence, the juice of a fine lime, and half a dozen cloves. Put the apple pieces into this mixture, and set the pan on the fire, stirring constantly, and skimming off all scum that may rise : when clear, the preserve may be poured off into jars. Pears may be similarly treated with equally satisfactory results.

An admirable dessert cheese can be made of prunes, boiled with syrup till tender, then strained, pulped through a sieve, boiled again, and potted. Take a pound of sugar to a pound of pulp, which should be weighed after it has been passed through the sieve. Lime-juice, and a little red wine, port, burgundy, or claret assist a conserve of prunes materially.

## CHAPTER XV.

# Cakes, etc.

LET us now proceed to consider a few important points connected with cake-baking. We need scarcely wade through the numerous recipes for cakes that are to be found in every domestic cookery book. For, if the chief rules be mastered, any ordinary receipt can be taken up, and followed successfully. The essentials to which I refer are as follows:—The selection of ingredients and their preparation, the correct methods of mixing them, the composition of "icings," the utensils chiefly wanted, and the oven and its management. These hints, with a few general remarks concerning common errors, will, I hope, be useful.

Here, then, is a list of things generally employed in this branch of confectionery:—Butter, flour, eggs, currants, raisins, citron, candied peels, sugar, salt, limes, essences, almonds, pistachio nuts, chesnuts, milk, cream, baking powder, and mixed spices.

A good sized earthenware bowl or basin, or one of enamelled iron (kept for the purpose alone) is necessary for mixing work, together with a set of wooden spoons.

The moulds used for cakes should have moveable bottoms, in order that the cake may be the more easily turned out when baked.

If made of good materials, cakes will keep a long time; accordingly, it will be found an excellent plan to have a tin cake-box,—shaped like a band-box with a closely fitting top,—made for the storing of them. A cake kept in an air-tight tin box, will retain its freshness for many days.

A copper, or enamelled iron sugar boiler is a utensil of the utmost use in this branch of the cook's work; the sieve should not be used in any other department, excepting, of course, bread-making; and the mortar should be one reserved for the sweet branch only.

In all other details the usual paraphernalia of the pastry-maker will come into play:—Baking-sheets, a good oven, a marble slab, and rolling pin, a set of fancy cutters, and a set of fancy moulds. The three last named will not be wanted for ordinary cakes, but they will be found very useful when we come to fancy cakelets, biscuits, &c.

Returning now to the list of ingredients, I need hardly caution my fair patronesses that a good cake cannot be made without good butter. It is the questionable quality of this ingredient that ruins nineteen cakes in India out of twenty. When the cake is just cut, the error may sometimes escape detection, but the next day it cannot be disguised, and a noisome rancidity sets in,—a rancidity that can almost be smelt. Now, as a *new* cake ought not to be eaten, it stands to reason that we ought to pay the strictest attention to this very important particular. True economy should counsel us to do so. Once tainted with the unmistakable mustiness of bad butter, a cake is wasted, and with it all the good things that have been used in its composition. So I repeat my thread-bare advice,—if you cannot make good butter at home, use the excellent substitute sold in tins. The slight saltish taste will be beneficial rather than otherwise, for a little salt is always mentioned in recipes given for cakes made with fresh butter. Many an excellent cake have we eaten at home, the backbone of which was "number one Dosset."

Next in importance to the butter come the eggs. A musty bazaar egg odorous of the decayed straw upon which it has rested for goodness knows how many days, will do almost as much harm as the milkman's mixture of grease to which I have just alluded. Having selected the eggs to the best of your belief, break them one after another into a cup, separately, before slipping them into the bowl. In this way you will be able to detect a tainted egg, and avoid contaminating the others that may have been already broken.

The flour should be as carefully selected, dried, and sifted, as that chosen for puff-pastry.

Currants and raisins should be picked, stoned, washed, and dried, with the utmost attention, as already explained in the case of puddings. The grit caused by currant stones, or bits of stick, will spoil an otherwise excellent cake.

The sugar is a very important item. It should be white and thoroughly refined. Pounded loaf sugar is, of course, far better than any crystallized variety: it works with the other ingredients more easily, and is certain to be free from sand, and the minute particles of grit which so often find their way into granulated sugars.

Condensed Swiss milk is recommended by some writers for use in cake-making. It is sweetish, so an allowance must be made, when it is employed, in measuring the sugar. Our grandmothers held *sour* milk in high esteem, under an impression that it contributed to the spongy lightness of a cake.

Baking powder is a valuable agent. It assists in the attainment of lightness, and, at a pinch, may be used to make good the absence of eggs.

If you use lime peel, or orange peel, see that it is pared as finely as possible,—just, as it were, the outside film of colour, without any pithy part attached to it. Very closely pared orange rind that has been soaked in brandy or liqueur, will be found a pleasant help in some kind of cakes.

So much for ingredients. The mixing of them requires a little observation. As a general rule it will be found advantageous to beat the butter (which should be iced) and the sugar together, until a creamy consistency has been attained. In the case of a cake in which great lightness is essential,—take "Madeira cake" for instance,—this process is downright necessary, for it contributes to the effect required almost as much as the well-beaten eggs. The eggs must be handled with caution. Having broken the shell, empty the white into one bowl, and the yolk into another, satisfying yourself of the freshness of each egg broken. Pick out the specks from the whites, then beat the yolks till they are light and frothy, and whisk the whites until the froth is as solid as possible, without any albumen being left at the bottom of the bowl. Until wanted the eggs thus prepared should be put in the ice-box. Frigidity is as necessary in cake-making as in pastry.

Almonds add very materially to the good flavour of a cake. I advise *pounding them to a paste,* with rose-water, taking three bitter ones for every ounce of sweet almonds used. The paste should be mixed with the ordinary ingredients. I think this method better than the usual one, for *lumps* of almond can scarcely be considered nice when encountered in a cake.

You cannot be too frugal in your use of *spice.* Ramasàwmi spoils his cake by extravagance in this item. You sometimes cut a cake that is positively discoloured by the quantity of spice that has been mixed with it. A great many cakes are all the better *for the total absence of any trace of nutmeg, cinnamon, or cloves;* and for my own part I think that if you have good citron, candied peel, almond paste, currants, and raisins, you can afford to leave the spice box alone. Ginger, in the same way, is frequently overdone: a little chopped preserved ginger is sometimes useful, but I would reserve grated ginger for ginger-cakes only. Really good citron is an excellent thing, and I think that prunes, stoned, and cut up into dice, add to the pleasant flavour of a cake.

Small cakes require a quicker oven than large ones, but, in any circumstances, the oven should, as a rule, be far more moderate in temperature than our cooks think. How often are cakes burnt externally before they are done in the centre? The charred crust can, of course, be rasped away, but such a course is very wasteful, and to be avoided if possible. Let the oven be moderate in its heat and then the centre of the cake will be baked well before the outside is burnt.

The cake mould should be liberally buttered, and a band of white paper, well lubricated with melted butter, should be folded round the inside of it.

*Observation.*—There is a thing of the utmost importance in connection with cake-baking that I must not forget to mention, viz.:—That it is a very capital plan to place *several layers of paper,* well oiled with salad oil, at the bottom of the cake-mould to begin with; and when arranged satisfactorily, to put lastly, a round of well-buttered white paper, protecting the sides of the tin, also, with a buttered paper wall, which should be allowed to extend beyond the top of the tin a couple of inches at least to support the cake when it rises. The object of the thick foundation of paper is obvious:—It protects the bottom of the cake from burning, and is a very necessary precaution, for, of course, the heat of the oven strikes with greater severity at the bottom of the tin than at any other part.

To test the baking of a cake, make a skewer of wood, and press it into the cake: if it come out clean, the cake is ready; if it bring out with it a coating of dough, the cake must be baked still longer.

It is very wasteful to cut a cake when hot, besides he who eats *hot cake,* deserves an immediate attack of dyspepsia. Let the cake get quite cold in its mould, and turn it out carefully.

"To prepare sugar properly is," says a good author on cookery, "a material point in the business of confectionery";

and, as a few rules are downright necessary in this branch of culinary study, we cannot do better than try and master them at once.

The first recipe to note is that for **clarifying sugar**:—Choose if possible for this and all operations connected with the preparation of sugar, a copper "sugar-boiler" or preserving pan. Do not, on any account, employ a tinned iron vessel. One of enamelled iron may be taken instead of the copper for ordinary work, but in the extreme stages of sugar-boiling, the enamel will be apt to crack. Tinned iron causes a discoloration which in refining sugar is fatal. Well, having selected the utensil carefully, pour into it two pints of water, break the white of an egg into the water, and beat the two together till they froth. Then put in two pounds of sugar, mix altogether, set the pan on the fire, and when the liquid it contains boils, put in a little cold water to retard the boiling as it were. Do this several times: it will encourage the formation of a thick scum on the surface of the water: skim off the scum, and when satisfied that all has been removed, pass the clear sugar through a straining bag. This will give you the clarified sugar which all artistic *confiseurs* use in ice-making for their jellies, preserves, and all high class confectionery. From clarified sugar you proceed through five, some writers propound seven, stages of sugar-boiling.

The first degree, called *candied sugar*, is attained by boiling clarified sugar until it is smooth. As soon as it reaches the proper consistency, it will, if tested by the finger and thumb, yield a thread of clear waxy sugar.

*Soufflé sugar*, or stage two, requires a further period of boiling; it is tested by dipping a perforated skimmer into the syrup; if on being blown upon through the holes in the skimmer, the sugar rise in little bubbles, it has reached the point required.

The third degree, or *feathered sugar*, is produced by further boiling. Test it by dipping the skimmer into it, which shake a

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moment over the pan; then give it a sudden jerk; if properly boiled, the sugar will fly from the skimmer in feathery particles.

For the fourth called *crackled sugar*, boil still longer, plunge a stick into it, and then thrust the stick, coated with sugar, into iced water: if it hardens and snaps in the water, it has acquired the right consistency.

The fifth, or *caramel sugar*, is produced by longer boiling than the last. Test it in the same way: if correct, the moment the stick touches the iced water, the sugar will snap like glass.

The difficulty in the two last stages is to maintain enough heat to produce the effect required without burning the sugar.

Out of these sugars all sorts of pretty ornaments are made for cakes :—Chains, net work, rings, &c., while "spun sugar" is a well-known and effective way of working "caramel sugar."

In high class works on confectionery the degree of sugar required is frequently mentioned. In order, therefore, to follow the recipes of professors, you must bear in mind the five methods I have described, and their several effects.

The next important thing for consideration is "**icing**," of which there are several varieties :—ordinary, almond, pistachio, chocolate, coffee, rose, &c.

Ordinary icing is sometimes called *frosting*:—Beat the whites of four eggs to a stiff froth, and stir into it a pound of the best sugar, flavour with essence of vanilla or lemon, and continue beating the mixture until it is light, and very white, but not quite as stiff as *meringue* sugar. The longer it is beaten the smoother it will become. Icing should be spread over a cake while it (the cake) is yet hot from the oven, it should be smoothed with a flat spoon or broad knife, and then the cake should be placed in a moderate oven for the icing to

dry and harden. Of course, icing can be coloured *ad libitum* with cochineal, saffron, spinach-greening, chocolate, &c. If ornaments of caramel sugar be required, they must be laid on while the icing is still moist.

**Almond icing,** when properly made, is a delicious addition to a rich cake. It is rarely met with in India, however, at its best. I think, nevertheless, that if attention be paid to the following recipe, a little improvement upon ordinary almond icing will be attained. Select a pound of almonds (shelled), and a dozen bitter ones, blanch them, and pound them to a paste *with rose-water:* when pounded nicely, mix lightly with the paste the whites of four large or five small eggs, beaten to a stiff froth, and one pound of pounded *loaf* sugar, which should be added by degrees. Taste the mixture, and if the flavour of the almonds be too faint, add a little *essence* of almonds; and a liqueur-glass of maraschino added by degrees with the sugar is a great improvement. Spread this paste at least half an inch thick on the surface of the cake, thicker if you have enough,—and cover it with a layer of ordinary frosting.

**Pistachio icing** should be made exactly like almond icing: see that each nut is *sound* before casting it into the mortar. A musty nut will spoil the whole of the paste. Use rose-water during the pounding, certainly add the maraschino, and if the colour be too pale a green naturally, encourage it with a touch of spinach-greening. Pistachio icing is not often used for cakes, but it is invaluable, as a top-dressing, for *Génoises, petits gâteaux, &c.*, of which more anon.

**Cocoanut icing, Filbert icing,** and **Brazil-nut icing,** are made exactly upon similar principles.

**Chocolate icing** is, however, a thing *per se:*—Put six ounces of finely-grated chocolate into a bowl, dissolve it with just sufficient rose-water to form a smooth but thick paste. Put a pound and a half of sugar into a pan with a quarter pint of

water, boil it till it begins to throw up little bubbles, then take the pan from the fire, and when the sugar has cooled somewhat, stir in the chocolate paste with a liqueur-glass of *crême de vanille*, or if that be not available, a dessert-spoonful of the essence of vanilla. Believe me that the association of vanilla with chocolate, assisted by rose-water, is productive of a very gratifying effect upon the palate. The thing to avoid in connection with chocolate is too much *sugar;* the mixture must be sweet, yet not *too* sweet, or the satisfaction we might otherwise derive from the beautiful flavour of the cacao-berry will certainly be denied us. Chocolate icing forms an agreeable surface dressing for numerous pretty little cakes,—the *Génoise au chocolat,* for instance, is an idyl among ordinary compositions, as "consummate" as it is "utter"!

**Coffee icing** is produced by a somewhat similar process: use "Branson's extract of coffee" and be guided by your taste in regard to quantity. Or, if the extract be not procurable, make the strongest coffee you can in a percolator, and so flavour the sugar, adding the whipped whites of three or four eggs according to the amount wanted.

**Rose icing** is, of course, a pretty pink, which, contrasted with chocolate, pistachio, or almond icing, looks very effective. It can be made with almonds, exactly like almond icing, omitting the bitter almonds, and adding a little rose-water. It must be tinted with cochineal.

Now, I strongly advise my up-country patronesses, who are beyond the reach of Signor D'Angelis' assistance, to study these icings, and see what pretty little things they can make for their dessert by a little patience. I shall give by-and-by a few receipts for cakes, such as Savoy, Génoise, &c., which, dressed neatly with nice icing, and cut into tasty little shapes, cannot but add materially to the fair housewife's *répertoire* of dessert dishes.

Picture to yourself, my reader, a tiny sandwich of savoy-cake with a middle layer of almond, and a top layer of chocolate icing—not too sweet, yet rich with the flavours of the ingredients used. A little sandwich of strawberry jam between two thin slices of Madeira cake, crowned with pistachio-icing ought, also, to commend itself to the taste of a connoisseur; while one of *Génoise* pastry, capped with a *combinaison de parfums* vanilla, chocolate, and almond, ought absolutely to be reserved for the ethereal appetites of honey-mooning couples.

## Cakes.

A good English plum-cake, like a good English plum-pudding, is a national institution. The accomplished foreign *confiseur* rarely produces a cake,—according to the Anglo-Saxon acceptation of the term at least,—that can be compared with one of home manufacture. Now, the most cheerful reflection in this branch of the study of sweet-cookery is this:—We can achieve in our own houses results that, in nine cases out of ten, are far more satisfactory than the best that our money can purchase.

And this leads me to confess that, in submitting a few carefully selected recipes for cakes, I am aware that many of my fair patronesses require but little aid from 'Wyvern.' There are few *châtelaines* in Madras, I have no doubt, who do not possess as good a receipt as the best I can offer them. It is, therefore, with diffidence and with doubt that I approach the subject, buoyed up alone with the hope that to some my hints may be useful.

Taking a rich **plum-cake** to start with, and placing the **wedding cake** in a parenthesis, as it were, to be discussed hereafter confidentially, with those to whom its composition may be specially interesting, I first assume that every care has been taken in the choice of the butter, eggs, and flour. Next,

as to weights, &c. :—One pound of butter, eighteen eggs, one pound of sugar, a quart measure filled with flour, half a pound of almonds, eight bitter ones, two pounds of currants, one pound of raisins, half a pound of candied peel, and half a pound of citron. If you *like* spice, you may use it, according to taste, up to half a pound, but I strongly advise you to try to dispense with it altogether. Very well: commence with the butter, which place in a large China bowl, and whip with a fork till it gets flaky like good cream, then, one by one, stir into it the yolks of the eggs well beaten with the sugar: having amalgamated these well, mingle with them the almond, (which should be pounded by an assistant to a paste with rose-water beforehand) and a tea-spoonful of salt. Now, mix in the flour, adding the currants, raisins, citron, and candied peel. I need not say that the two first should be most carefully picked, stoned, and washed; and that the two last should be cut up into moderately small pieces. As each thing is put in, the whole mixture should be vigorously stirred about so that thorough incorporation may be effected. Lastly, pour in a wine-glass of brandy, and the whites of the eggs whipped to a firm froth. The composition is now complete. Have ready the cake-tin lined with buttered paper, pour in the mixture and bake for about two hours. Do not have the oven too brisk. This cake is quite rich enough for high days and holidays: it may be 'iced,' of course, and ornamented *ad libitum*, but, for my part, I recommend it to be served without adornment.

The step to a **plainer cake** is obviously simple: we must reduce the ingredients that conduce to so-called richness, and add slightly those which assist plainness. Thus I would add half a pound of flour, and reduce the eggs to ten; instead of the almond paste I would put in a tea-spoonful of almond or ratafia essence; and one pound of currants instead of two. For the rest, work as laid down in the former recipe. It is, of course, evident that exactly half of every thing, or one-third less of everything will produce a smaller, yet equally nice cake.

A **Plain Plum Cake for Office** may be composed as follows:—One pound of flour, one tea-spoonful of Yeatman's baking powder, six eggs—or seven if they are small, half a pound of sugar, half a pound of currants and raisins mixed, two ounces of chopped citron or preserved ginger, a glass of fruity Madeira, and a tea-spoonful of salt. Beat the butter up with the eggs and sugar, add the flour and the baking powder, and a little milk if the dough appear stodgy; then put in the currants and raisins, the citron, and the wine; finish with the whipped whites, and bake.

A **Raisin Cake**, made in this way, is nice:—A pound of butter, a pound of flour, and a pound of sugar: ten eggs, a table-spoonful of rose-water, a pound of well-stoned raisins, a tea-spoonful of salt, and one of baking powder. Beat the butter to a cream, stir in the flour and sugar, add the yolks of the eggs, one by one, the baking powder, and salt. Toss the raisins in dry flour, mix them into the cake, stir well, adding the whipped whites and a glass of brandy. Bake in rather a quick oven.

The **Madeira Cake** is, perhaps, the most popular of all cakes with people who have grown out of their fondness of plums, &c. Break the yolks of ten eggs into a slop-basin and beat them well: take nine ounces of butter and beat it to a cream, add nine ounces of sugar, and the beaten yolks, by degrees: stir in nine ounces of flour, continuing the whisking throughout the process. Drop into the mixture a tea-spoonful of the essence of lemon, and add a tea-spoonful, heaped up, of baking powder. Have ready some finely cut slices of citron, and stir them into the mixture, finishing off with a glass of brandy, sherry, or Madeira, and the whites of the eggs whipped to a stiff froth. Butter a cake tin, line it with buttered paper, arrange a star at the bottom of the tin out of strips of citron and pour in the mixture. Time to bake, one hour. Let the oven be moderately heated.

The great thing to remember in making a **Madeira Cake** is continual whisking. The cook's arm should never rest during the composition. It is, therefore, essential that the ingredients be all weighed, portioned off, and ready, before the mixing commences. If these rules be carried out, your cake will be deliciously light, and your labour will be well rewarded.

A nice cake, richly flavoured with almonds,—**Almond Cake** in short,—is made in the following manner:—One pound of flour, twelve ounces of sweet almonds (shelled), one ounce of bitter almonds, three quarters of a pound of sugar, enough rose-water to reduce the almonds to a thin paste when pounded, three-quarters of a pound of butter, eight eggs, and a little lime-juice. Mix the cake in the manner already described, stirring in the almond paste. After the butter, eggs, sugar, and flour, have been thoroughly mixed, stir in the whites well whipped to finish with, and bake.

**Spongecake**: this is an intimate acquaintance, but as there are good, bad, and indifferent recipes to be met with, I select one which I think may be depended upon:—Use cornflour, rice flour, or arrowroot, instead of ordinary flour for this cake. Put three quarters of a pound of sugar into an enamelled pan with a breakfast-cupful of boiling water and the juice of a lime, and melt it; whisk ten eggs, leaving out the whites of four of them, to a froth; mix the melted sugar with the egg froth, whisking without ceasing during the process, for about twenty minutes; then add half a pound of cornflour, mixing it in by degrees, and stirring gently. Line a mould or tin with buttered paper, pour in the mixture, and place a piece of buttered paper over the top of the cake to prevent its burning; this cake will take an hour and a quarter to bake if the oven be heated at a properly moderate temperature. A burnt spongecake is, of course, unfit to present, so be careful about the state of the oven.

Some people are rather fond of a **Soda Cake**: it is regarded as a very digestible variety, and is easily made. One pound

of flour, four ounces of sugar; six ounces of butter, half a pound of currants, or of raisins, or a few caraway seeds, a tea-spoonfu. of carbonate of soda, half a pint of milk, and four eggs. Commence with the butter, sugar, and yolks, as before; mix in the flour by degrees. Dilute the soda in the milk, thoroughly (cold milk please), and then add it to the flour, butter, etc., stirring in the other ingredients afterwards. Put in the whites of the eggs whipped to a stiff froth last of all, stir it well into the mixture, and bake.

An excellent **Rice flour cake** is made with these ingredients:—One pound of finely-sifted rice flour, one pound of butter, one pound of best sugar, the yolks of twelve eggs, the whites of eight, a tea-spoonful of lemon or vanilla essence, and a wine-glass of Madeira. Mix together as already described and bake in a moderate oven for three quarters of an hour.

A good **Seed** (caraway seed) **Cake** is not to be despised. It is a good sort of cake for the office luncheon:—Half a pound of butter, half a pound of sugar, one pound of flour, seven eggs, caraway seeds to taste, and one and a half tea-spoonful of Yeatman's baking powder. Beat the butter to a cream first, then add the sugar, beat them together for a few minutes, and then add the seven yolks, and four of the whites, one after another: this done, mix in the flour by degrees, and the baking powder, lastly throwing in the seeds. Stir together briskly for a few minutes and then bake in a moderate oven for one hour. This is a very reliable recipe.

**Dover Cake** is made in this way. Beat half a pound of butter to a cream with a pound of sugar, stir into it the yolks of six eggs well beaten, and half a pint of fresh milk: when well amalgamated, add two table-spoonfuls of rose-water, a wine-glass of brandy, and a tea-spoonful of baking powder. Now, mix into the above as much cornflour, or any nice light flour, as will bring it to the consistency of ordinary cake mixture, finishing off with the whites of the eggs whipped to a very stiff froth. Bake in a rather fast oven for an hour.

**A Boston Cake** made according to the following recipe will be found light, pleasant, and not too rich for office, or ordinary use:—Half a pound of American or Australian flour, half a pound of butter, five good sized or six small Indian eggs, six ounces of sugar, six ounces of well-stoned raisins, an ounce of citron thinly sliced, a salt-spoonful of finely powdered cinnamon, a salt-spoonful of salt, a glass of Madeira, and a tea-spoonful and a half of Yeatman's baking powder. Beat the butter to a cream, and mix with it the sugar; then, one by one, drop in the five or six yolks, stirring them well; next add the flour, continuing the working without stopping; put in the raisins, citron, wine, salt, and nutmeg; beat the whites of the eggs to a stiff froth, and mix it into the cake; lastly, stir in the baking powder. Pour the mixture into a cake-tin lined with buttered paper, and bake for about an hour in a rather fast oven.

Touching the *Boston Cake:* if you reduce the butter and sugar by *half* the weights given in the recipe, you will produce a very safe cake for the nursery.

There are, of course, numerous other receipts to be found for cakes, but I think the list I have given will suffice to meet the requirements of all ordinary Indian households. Let me then continue the subject with a number of tasty little cakes, such as Queen cakes, Savoys, Génoises, Polonaises, &c., &c., and wind up with a really exquisite Bride-cake, which should be printed in silver type, illuminated with orange blossoms, on satin laid paper, and tinted with *couleur de rose.*

A **Canadian Cake** is capital:—Twelve ounces of American flour, eight ounces of sugar, eight ounces of butter, six eggs, one table-spoonful of rose-water, a liqueur-glass of brandy, four ounces of currants, and an ounce of citron, a salt-spoonful of salt, and a tea-spoonful of baking powder. Mix the flour and sugar together, and rub into them the butter; add the eggs, one by one, (whites and yolks well-beaten together,) the rose-water, brandy, and currants; beat the mixture until it is very light and creamy, adding the baking powder the last

thing of all: when thoroughly mixed, pour it into a tin lined as I have described, and bake,—or, pour the mixture into half a dozen small square tins, and bake them,—or put it into a shallow tin, three quarters of an inch, or an inch deep; ice it when done with almond or chocolate icing; set the icing, and then cut the cake into nice shapes, pile them on a dish, and serve at afternoon entertainments, or at dessert.

**Lisbon Cakes** are very like the above:—Equal weights (say half a pound each) of flour, sugar, and butter; six eggs; a glass of Madeira, four ounces of almonds pounded with a table-spoonful of rose-water, four ounces of well-stoned raisins, an ounce of minced candied peel, a tea-spoonful of essence of vanilla, a salt-spoonful of salt, and a tea-spoonful of baking powder.—Mix the flour and sugar together, adding the butter: at this stage the mixture will look like grated bread: put in the wine and the eggs, one after another (whites and yolks well-beaten together) work the batter briskly with a whisk, dropping in the almond paste, the raisins, candied peel, vanilla essence and salt, and finish with the baking powder. Line half a dozen little tins with well-buttered paper, pour in the cake-mixture, and bake in a quick oven from twenty minutes to half an hour. These little cakes may be iced, and treated as laid down for *Canadian Cakes.*

**Gâteau à la Bonne Femme** is a nice dessert cake:—One pound of sugar, eight ounces of butter, one pound of flour, four ounces of sweet almonds with six bitter ones, pounded with rose-water, a tea-spoonful of grated nutmeg, a tea-spoonful of lemon essence, the whites of ten eggs, and a tea-spoonful and a half of baking powder. Beat the butter to a cream, and add to it by degrees the sugar, and then the flour; continue mixing well, dropping in the pounded almonds, the nutmeg and lemon essence; next add the whites of the eggs, flake by flake, whipped to a stiff froth, finish off with the baking powder, and either bake whole, or in little tins, icing or not according to taste.

**Queen Cakes** are as old as the hills:—Beat half a pound of butter to a cream, add the same weight of sugar, and put in, one by one, the yolks of six eggs: after that stir in ten ounces of the best flour. Now, beat the mixture well, adding by degrees four ounces of sweet almonds with six bitter ones, blanched, and pounded to a paste with rose-water: having mixed this well in, add the whites of the eggs beaten to a stiff froth, and a tea-spoonful of baking powder. Now, line half a dozen small tins with buttered paper, pour in the mixture, an inch and a half deep, and set the tins in a quick oven: as they begin to set, open the oven and sprinkle four or five sugar plums on the top of each cake, then close the door, and in about an hour, the cakes will be ready. Queen cake tins are usually made in the shape of a heart.

Another recipe for *Queen Cakes* runs as follows:—Beat up half a pound of butter with a table-spoonful of rose-water; when nice and creamy, briskly whisk into it the well-whipped whites of six eggs, followed by the yolks also well beaten. Into this mixture put eight ounces of well dried flour, eight ounces of well sifted sugar, four ounces of currants and raisins, and two ounces of citron and candied peel. Beat well as each ingredient is added, lastly drop in a tea-spoonful of almond, or vanilla essence, and a tea-spoonful (heaped up) of baking powder. Having given the mixture a final beating up, pour it into the tins as aforesaid.

**Les Polonaises** are another variety of tasty little cakes:—Eight ounces of butter, eight ounces of sugar, twelve ounces of flour, four ounces of sweet almonds pounded, with six bitter ones, to a paste with rose-water, the juice of a good lime, a tea-spoonful of vanilla essence, and one of baking powder. Amalgamate the ingredients in the manner laid down for *Queen Cakes* (No. 1.) adding enough flour to bring the mixture to the consistency of a light paste: roll it out on your pastry slab half an inch thick, or a little thinner, cut it into diamonds and bake the cakes in a quick oven. A strip of citron may

repose on the surface of each diamond; or you may take them out of the oven as soon as they are done and give them a cap of chocolate, pistachio, rose, or almond icing, return them to the oven to set the icing, and then arrange them on a dish. These would be fit to present at dessert or on the *buffet* at a garden party.

**Strawberry Cakes** can be easily arrived at in the season by the following simple process:—Beat two ounces of butter and two ounces of pounded loaf sugar, to a creamy condition. Beat up a couple of eggs (whites and yolks together) and mix them into the creamy butter adding three breakfast-cupfuls of the best flour into which a couple of tea-spoonfuls of cream of tartar have been mixed. Dissolve a salt-spoonful of corbonate of soda in a breakfast-cupful of milk, and stir it into the batter. Pour the mixture into a flat tin lined with well-buttered paper, and bake it in a fast oven. When done, let it get cold, cut it into tasty shapes, on the top of each place a layer of carefully washed and dried strawberries covering them with a canopy of pounded loaf sugar.

The time has now arrived for me to approach the subject of the **Wedding Cake**, which, with a few recipes for fancy cakelets, will bring our consideration of this branch of confectionery to an end.

Commence operations for this momentous work several days before the ceremony in which it is to play a part, and remember that cakes of this class improve by keeping. If cut when new, a bride cake is apt to crumble. Let the labour be one of love. That is to say, dwell over the task with tenderness, and take infinite pains with each particle of the composition. Take the currants, raisins, candied peels and citron, and prepare them one by one. Select the almonds carefully, and see that they are pounded with rose-water. Examine the flour, critically, and reject every egg that seems doubtful. Upon an occasion of this kind, which occurs but once in the majority of human

lives, a little extravagance is pardonable, so set the milk for the butter at home, and be in that way sure of the quality of that important ingredient.

The proportions recommended by a celebrated *confiseur* are as follows :—Four pounds of currants; half a pound each of citron, candied orange, and candied lemon peel; four pounds of the best dessert raisins, picked, and cut into pieces; a pound of sweet almonds and twelve bitter ones pounded to a paste with rose-water, and a liqueur-glass of maraschino, (the weight of the almonds should be taken after they have been shelled and blanched) four pounds of butter, four pounds of flour, eight good sized Indian eggs to each pound of flour, two pounds of the best loaf sugar pounded, a table-spoonful of lemon essence and one of vanilla essence; half a pint of brandy, and half a pint of Madeira.

Work in this manner :—Having prepared the fruit, candied peels, almonds, etc., as before described, take the butter, put it by half pounds at a time into a large basin, and with a wooden spatula whip it to a creamy condition; when this stage has been reached, stir into the creamed butter the pounded loaf sugar and amalgamate the two ingredients by hard stirring. To effect this properly, pounded loaf sugar is essentially necessary; crystallized sugar would not dissolve at all. Well, having effected this, add the yolks of eggs, one by one, beating them into the mixture vigorously; next put in the flour also by degrees, and continue the working as you add it. The fruit, almond paste, and peels must then be introduced, sprinkling them into the composition, so that the distribution may be equally effected. Lastly, the liquids, and the whites of the eggs whipped to a stiff froth. After the addition of the brandy, Madeira, essences, and frothed egg, which, by the way, should be managed spoonful by spoonful, the whole composition will look smooth; it will then be ready for the oven. Choose a round tin, somewhat shallow in proportion to its diameter,

butter it with melted butter, line its bottom and sides with liberally buttered white paper,—the bottom being protected from burning by at least a dozen layers of paper,—and pour in the cake mixture. Be careful not to allow it to fill the tin,—about a third of the depth should be left empty to admit of expansion during baking, cover the top of the cake with a paper to protect it from burning also, and then bake. The oven should be brisk but not too hot, and five hours should be allowed for the baking. When ready, let it get cool in the tin, and when cold, turn it out. It is now ready for the almond paste, and sugar-icing.

Make the almond paste according to my previously given recipe, and let there be enough of it to coat the surface of the cake half, or three-quarters of an inch deep, if made with rose-water and maraschino, and even improved in flavour by a little almond essence, the paste will be as good as the best you can remember at home. When ready, *i.e.*, when the cake has been turned out, spread the almond paste evenly over its surface, and set it in a slack oven to solidify. The sugar-icing and ornamentation should be laid on afterwards, the less of the latter the better say I.

Wedding cakes need not, after all be wholly reserved for that delightful ceremony. A small cake, say a quarter exactly of the recipe I have given, very carefully iced with almond and pistachio paste, and capped with snow, forms, when cut into delicate slices, a highly commendable dish for the *buffet* at a garden party or the evening "at home." To be sure it will kill an honest appetite, and ruthlessly destroy all enjoyment in your dinner, but on certain occasions we are forced to make that sacrifice, and if the loss be inevitable 'twere better to incur it boldly with an honest slice of cake.

**Chocolate Cake** is a delicacy that is to be recommended to all who appreciate that pleasant flavouring. To five ounces of the best flour, take four of grated chocolate, and blend them together. Beat up first of all with a whisk the yolks of

eighteen eggs with a pound of sugar, flavour this well with vanilla essence, and whip till it is nearly white. Beat the whites very stiffly and work them into the mixture; then by degrees work in the chocolate powder and flour, and when well mixed, add a liqueur-glass of brandy and one of maraschino. Pour the mixture into a well-buttered tin lined with paper, and bake in a moderate oven. As this cake will rise in the baking, do not fill the tin more than two-thirds full. When baked, the cake may be still further embellished by chocolate-icing. If, on trying this receipt, you think it insufficiently flavoured with chocolate; take away an ounce of flour, and add an ounce of chocolate; and conversely, if too strongly flavoured, reduce an ounce of chocolate and add one of flour.

I feel that this little chat about cakes would be positively un-English were I to omit a recipe for a **Bun.** To descend to our penny friend from the altitude of bride cake is, I admit, risky—but I throw myself upon the mercy of my patronesses with confidence. First of all then, the **Plum Bun**:—

**Plain Plum Bun**:—Into one pound of the best imported flour, mix two heaped-up tea-spoonfuls of Yeatman's baking powder, and half a tea-spoonful of salt. Work into that, in a dry state, two ounces of butter and two ounces of sugar, mix well, and then stir in two ounces of well-picked and washed currants, and if liked a tea-spoonful of caraway seeds. Now make a hole in the centre of the mixture and dilute it with half a pint of lukewarm milk, with which two eggs have been briskly whipped. Mingle thoroughly with a couple of wooden spoons, and when the dough is ready, pat it into bun-shaped portions, place them upon the baking tin, which should be freely buttered, and bake in a brisk oven.

*Observation.*—Instead of baking powder, and imported flour, very good rolong and toddy may be used, but see that each ingredient used is good: the quantity of toddy should be regulated by the amount of flour, no milk should be used, but

just enough toddy to complete the dough. These remarks apply to the following recipes in which it will be found that I speak of Yeatman's powder. When toddy is used, time must be given for the dough to rise before baking takes place.

A nice **Light Bun** is also made with one pound of flour, half a pound of sugar, half a pound of butter, the yolks of six eggs whipped well, the whites of three of them stiffly frothed, a quarter of a pint of boiling milk, a dust of nutmeg, and either three ounces of currants or the same weight (one ounce each) of candied orange, candied lemon, and citron, a half tea-spoonful of salt and two heaped-up tea-spoonfuls of Yeatman's powder. Mix as in the foregoing recipe, putting the whites of eggs in last, and bake.

Yeatman's receipt for a **Bath Bun** is given as follows :—"Half a breakfast-cupful of butter, one and a half cupful of sugar, four eggs, one and a half tea-spoonful of Yeatman's powder, half a cupful of candied lemon peel, sliced thinly, one and a half pint of flour, half a pint of milk. Rub the butter and sugar to a smooth cream; add the eggs, beat a few minutes longer; then add the flour with the powder sifted in it, the candied peel and then the milk. Mix into a moderately firm batter. Pour the mixture into some large mince-pie tins well buttered, sift some sugar over them and bake for fifteen minutes in a nice hot oven."

*Observation.*—All buns should be glazed, *i.e.* :—Brush over each bun, before it is put into the oven some well-beaten raw egg (white and yolk); the sugar should be dusted over the glaze.

**Hot Cross Buns**, the bun which quaint old custom decrees for Good Friday, are made of the following ingredients :—With two pounds of flour mix half a pound of butter, half a pound of sugar, a quarter ounce of spice, one tea-spoonful of salt and four (well filled) of Yeatman's powder. Make a hollow in the centre of the flour, and dilute it with half a pint of warm milk, in which the yolks of four eggs have been beaten; mix this

until it looks like a firm batter and stir in the whites of the eggs whipped to stiff froth; then pat the buns into shape, marking each one with a cross, glaze them with an egg well-beaten, and set them upon a well-buttered baking tin.

The **Sally Lunn** is a good old fashioned breakfast cake. Rub four ounces of butter into a pound of flour, add a tea-spoonful of salt and two of Yeatman's powder heaped up; make the mixture into a light dough with half a pint of luke-warm milk, in which four yolks of eggs have been beaten, make the dough into thick muffin-like cakes, and bake; or, put it into muffin rings upon a well-buttered baking tin, and set them in the oven. If liked sweet, two ounces of sugar should be added.

## CHAPTER XVI.

### *Biscuits and Gingerbreads.*

NOW, I think, we may turn our attention to dessert, taking *en route*, as it were, a few nice biscuits. For, notwithstanding the fact that, thanks to Messrs. Peak, Frean and Co., Huntley and Palmer, &c., tinned biscuits of undeniable quality are to be got without difficulty, there are some varieties that are better made at home if possible. Take for instance:—

The **Plain Wine Biscuit** which gentlemen prefer before all others when discussing the merits of *Chateau Lafite,* or any favourite after-dinner wine. It is simple, but be perfectly confident, please, that the butter, like Cæsar's wife, is beyond suspicion. Into half a pound of the best well-sifted flour rub one and a half ounce of butter. Carry this out by degrees, that is to say do not put all the butter into the flour at once, mix it in bit by bit; then make a stiff paste of the flour and butter by stirring into them a quarter of a pint of lukewarm milk. Roll this out thin,—very thin,—cut it into rounds with the rim of a claret-glass; prick each biscuit with the points of a steel fork, then lay them out upon a lightly floured baking-tin, and bake in a moderate oven. The pricked side should be turned downwards. A pinch of salt may be rubbed in with the butter. Some people mix their paste for this biscuit in a different manner as follows:—Having dried and sifted the flour, they

put it into an enamelled pan, then they dissolve the butter in the milk over the fire, and proceed to make the paste while the buttery milk is still warm. Keep these biscuits in a close fitting tin.

**Arrowroot Biscuits**:—Six ounces of arrowroot, eight ounces of ordinary flour, eight ounces of butter, eight ounces of pounded loaf sugar, nine Indian eggs, a tea-spoonful of vanilla or lemon essence. Beat the butter to a cream, add it to the eggs well whisked, stir in the sugar, over which sprinkle the flavouring essence; when well mixed, work in the flour and arrowroot in alternate table-spoonfuls. Roll the paste out, and cut it into rings, say, a quarter of an inch thick; or, if too moist to roll, butter a baking-sheet, and drop table-spoonfuls of the dough at intervals over its surface, and bake in a moderate oven.

**Caraway Biscuits**:—Beat a quarter of a pound of butter to a cream, beat four eggs with four ounces of powdered sugar to a good froth, put them into the creamed butter, and mix well; add sufficient flour to make a stiff paste, shake into it a few caraway seeds, roll it out thin, cut it into rounds, and bake.

**Naples Biscuits**:—Half a pound of flour, half a pound of loaf sugar pounded, six eggs, a little rose-water. Beat the eggs well, omitting the white of one of them, add the pounded sugar, whisking the mixture freely, and dropping in the rose-water; then put in the flour gradually. Mix well together, form the biscuits as already described, or in long fingers, and bake.

**Convent Biscuits** are very tasty. Whisk the whites of nine eggs to a stiff froth. Beat the yolks well with a pound of well-sifted sugar. Blanch half a pound of almonds and five bitter ones and pound them to a paste with rose-water. Then mingle the almond paste with the white of egg froth, and beat them afterwards into the yolks and sugar. Now, add a quarter of a pound of flour by degrees, and stir into the mixture an ounce

of citron thinly sliced, and an ounce of candied lemon peel also sliced. When thoroughly mixed, put the mixture (half full) into shallow tins, like sponge biscuit tins, and bake till they rise and begin to take colour; then turn them out, and let the bottom of the biscuits harden.

**Ginger Biscuits,** useful for luncheon, &c., are made in this way:—Beat four ounces of butter to a cream, and add by degrees eight ounces of flour, then four ounces of white sugar, and enough powdered ginger to satisfy your taste (probably half, or a quarter of an ounce) mix the whole together with the yolks of five eggs well beaten; when satisfactorily amalgamated, butter a sheet of paper freely, and drop the biscuit mixture upon it at intervals, allowing space for its spreading in the baking. Bake a light colour in a moderate oven.

**Sponge Biscuits** are sometimes wanted for puddings, and always look nice upon a dessert plate. For them you must have a few little square tins. Beat the yolks of a dozen eggs thoroughly, and stir into them a pound of well-sifted sugar. Whisk until bubbles rise to the surface of the mixture, then add the whites, which should have been whipped to a stiff froth first. Beat altogether, stirring in twelve ounces of flour and a tea-spoonful of lemon essence; when thoroughly mixed, pour it into the little tins, and bake. Sift powdered sugar over them before baking, and butter the tins liberally. The oven should be brisk.

For **Crisp Biscuits** a stiffish dough is required. To one pound of flour, add the yolks of two eggs, and just sufficient milk to mix the dough. Beat and knead the paste until it is quite smooth, then roll it out thin, cut it into rounds, and bake in a slow oven for about a quarter of an hour.

The **Ladies' Wine Biscuit** is a *spécialité*:—Mix three ounces of ground rice, and three ounces of finely-sifted loaf sugar. Make them into a paste with four fresh eggs, or five if the eggs be very small. Beat altogether for some minutes

vigorously, then spread the mixture evenly and thinly on some sheets of well-buttered paper and bake for twenty minutes. Then stamp out the paste, so baked, into ornamental shapes (stars, crescents, ovals, &c.,) and spread over them some rose-icing made as follows:—Beat the whites of a couple of eggs to a froth, and mix with them a quarter of a pound of finely-sifted loaf sugar, and just enough cold water to make it quite smooth, drop a little rose-water into it to flavour it, and tint it pink with a few drops of cochineal. Spread a little of the mixture on the top of each biscuit, and put them into a warm oven till the icing sets.

**Pistachio Biscuits** are, of course, thoroughly to be recommended for dessert:—Take a pound of pistachio nuts (shelled) and two ounces of sweet almonds (shelled) with four bitter ones. Blanch all the nuts and peel them. Next, pound them together, using rose-water during that operation. Beat the whites of twenty eggs to a very stiff froth, and the yolks of ten of them with eight ounces of sugar. When thoroughly beaten, mix altogether, adding a liqueur-glass of maraschino, and eight ounces more sugar by degrees, and the pistachio-almond paste. Make some little paper cases, butter them well, and pour in the mixture about half an inch thick. Bake in a moderate oven. Whip the white of an egg with a table-spoonful of sugar, to a smooth glaze, and brush the biscuits over with it. If the colour be too pale a green, mix a little spinach-greening carefully made with the paste until you get the tint you require.

**Cocoanut Biscuits** are made by whisking five eggs briskly with nine ounces of sugar and then adding six ounces of grated cocoanut and a tea-spoonful of vanilla essence. This mixture will form a paste, which should be patted into cones with a wooden spoon or spatula. The cones should be laid upon well-buttered paper, and baked on tins until lightly coloured.

Biscuits of promotion nuts might be made following the recipe for pistachio biscuits.

**Cocoanut Rock Biscuits**:—Grate half a pound of cocoanut, and mix with it seven ounces of sifted loaf sugar, and the whites of five eggs. Place the mixture in pretty little rounds upon a well-buttered paper, lay the paper on a flat tin, and bake in a moderate oven. A little liqueur, vanilla, lemon, or ratafia essence improves this biscuit.

Let me give you a **Tea Cake** before we pass on to the consideration of gingerbreads:—Beat two eggs in a slop-basin. Warm a quarter of a pint of milk and melt in it two ounces of butter. Mix the buttery milk and eggs together, and by degrees stir in a little less than three-quarters of a pound of flour, a pinch of salt, and an ounce of sugar. Beat altogether to a very light dough, stirring into it last of all a heaped-up dessert-spoonful of Yeatman's baking powder. When quite thoroughly mixed, put the dough within rings upon a well-buttered baking-sheet, and bake for a quarter of an hour, or twenty minutes. The rings should be made of block tin, four and a half inches in diameter, and an inch deep. Omitting the sugar, this makes a delicious breakfast cake. Serve in a napkin straight from the oven.

With many people a **Gingerbread Cake** forms a 'standing dish,' as it were, for luncheon. In approaching the subject, therefore, I naturally experience sensations similar to those of the celebrated individual who endeavoured to teach his grandmother an easy method of sucking eggs. There are, however, so many varieties of gingerbread cakes, that it is just possible, I may present a recipe or two not commonly known.

For a *superior* cake of this description, the following proportions are given by an old authority:—Six ounces of sugar, six ounces of butter, one pound of flour, one pound of golden syrup, six eggs (ordinary Indian size,) one ounce of powdered ginger, the juice of two limes and a table-spoonful of brandy.—

Beat the yolks of the eggs to a froth, then add the syrup by degrees, beating the two together steadily, and continuing the beating as the sugar and flour are gradually put into the mixture. Add the butter (melted) also gradually. Last of all, stir in the ginger, lime-juice, brandy, and the whites of the eggs whipped to a stiff froth, and, when thoroughly incorporated, pour the mixture into a shallow tin, previously lined with a well-buttered paper, and bake in a moderate oven. A gingerbread tin should be rectangular, and about two or three inches deep.

Observe in this recipe the absence of spice. The flavour of the ginger is alone permitted to animate the composition. In speaking of the use of spices, the great Dr. Kitchener enquired why people *mixed* spices? "If you require spice," said he, "select one and stick to it." Humbly imitating that celebrated authority, I say, if you want gingerbread, be contented with *ginger* only as a flavouring agent. To prove, however, how people differ in taste, read the following recipe given in a curious old book for a "powder for gingerbread":—

"Pound thoroughly in a mortar, two ounces of coriander seed, two ounces of caraway seed, two ounces of powdered ginger, half an ounce of grated nutmeg, half an ounce of cloves, three-quarters of an ounce of fennel seed, and three-quarters of an ounce of aniseed. Sift the powder thoroughly, then keep it like curry powder (which I should fancy it resembled) in bottles well corked down. When about to make a cake, dissolve one ounce of the powder in a pint of water, with two pounds of sugar."

Now, here we have the following proportions:—Six and a half ounces of various spices, to two of ginger. A cake flavoured with a concoction of this kind may be, as another writer observes, "good for assisting digestion," but I demur to its being called "gingerbread." Let it rather be termed a "spiced cake."

There is another thing I want to ask you concerning your gingerbreads, it is this:—Why do you try to make them a *dark brown*, and, in order to produce that tint, why do you allow your servants to use a syrup of jaggery,—dark, and unrefined? Is the colour a *sine quâ non?* I am bold enough to answer no, and to recommend you to try a cake of a far lighter tint than the old-fashioned one. I do this I know at the risk of being branded as a rank heretic. Please *look* at jaggery as it is brought to you from the market. It is true that you refine it to a certain extent by boiling and skimming off its impurities, but I question your being able to eradicate an under-taste, if I may so term it, that recalls the smell we have often shuddered at on the Madras pier. Remember too that the black syrup so concocted is not *treacle*. Treacle, as commonly sold at home, is the "viscid, brown, uncrystallized syrup which drains from brown sugar, during its formation, from the sugar refining moulds."

Make rather, say I, a bright syrup with a crystallized sugar of a second or even third quality, and learn to look upon the flavour of molasses, as by no means essential in a ginger-bread cake. You all remember the refined kind of treacle sold by good grocers at home under the title of "golden syrup;" well, try and even surpass that in lightness of colour.

In my recipes for gingerbread, then, let it be understood that when I use the word 'treacle,' I allude to a syrup made of white sugar, and not of jaggery.

**Almond Gingerbread.**—Mix an ounce of powdered ginger with a quarter of a pound of rice flour, or ground rice, and three-quarters of a pound of ordinary flour. Put into a jar, one pound of clear treacle, half a pound of sugar, eight ounces of butter, the peel of two limes very finely peeled, and their juice, and a paste made of six ounces of sweet almonds, with eight bitter ones, pounded with rose-water. Keep the jar in hot water, stirring it well until the butter melts, and the mass is

thoroughly well mixed. When satisfactorily worked, stir the mixture by degrees into the flour. Beat together until quite light, add a couple of tea-spoonfuls of baking powder, and bake in a buttered tin, or in a number of small tins. It will take about half an hour.

**Dutch Gingerbread.**—Warm a pound of fine treacle in a bowl before a fire, stirring into it six ounces of butter. When dissolved, beat into it as much flour as will form a stiffish batter, with half an ounce of powdered ginger. When quite smooth, add two ounces of candied peel sliced finely, and baked as before laid down.

**Honeycomb Gingerbread.**—Put four ounces of fresh butter into a jar near the fire, or in a vessel filled with hot water, and when it has melted, stir into it half a pound of treacle, and half a pound of sugar. Mix half a pound of flour with one table-spoonful of ground ginger, the finely chopped peel and the juice also of a couple of ripe limes, and a liqueur-glass of brandy. When the butter, treacle, and sugar, have been thoroughly liquefied, stir the flour, etc., by degrees, into them, beating the ingredients together with a vigorous arm, and finishing off with the brandy. When nicely amalgamated, spread the mixture very thinly upon buttered baking tins, and bake in a moderate oven, watching it carefully. As soon as the gingerbread seems sufficiently done, take it out of the oven, cut it into squares, and curl each square over like a wafer biscuit.

*N.B.*—All gingerbreads should be kept in an air-tight tin, or they will become flabby.

A recipe for the old **Sledmere Gingerbread** is given as follows:—Half a pound of butter, half a pound of sugar, half a pound of treacle, one pound of flour, half an ounce of ginger, five good eggs, and a tea-spoonful of baking powder. Mingle the butter, sugar, and treacle in a jar as aforesaid, then beat the yolks into the syrup, and stir it into the flour, add the

ginger and the baking powder. When thoroughly beaten together, pour into a tin, and bake.

**A Plain Gingerbread Cake** for the nursery or office may be composed in this way:—Three-quarters of a pound of flour, five ounces of butter, three ounces of sugar, half a pound of treacle, two-thirds of an ounce of powdered ginger, and a tea-spoonful of baking powder, with the finely peeled rind of a lime minced small, and its juice. Mix the flour and ginger powder thoroughly, and then moisten them with the treacle-butter, and sugar, all melted together: stir in the baking powder, the peel, and lime-juice and when thoroughly mixed, bake.

**Richmond Gingerbread** (American) is made with:—One breakfast-cupful of sugar, one ditto of treacle, one ditto of butter, one ditto of new milk, four cups of flour, six eggs, a tea-spoonful of Yeatman's baking powder. Beat the sugar, butter, and treacle, together till nice and creamy, add the yolks well beaten, then the flour by degrees, with the milk, lastly, the whites whipped to a froth, and the baking powder. This may either be baked as a cake, or be poured into small tins and baked.

The "**Half-Cup Gingerbread**" is another American wrinkle.—Half-cups each of sugar, butter, treacle, milk, and raisins and currants stoned and picked; half a pound of flour, six yolks, and five whites of eggs, half a table-spoonful of ginger, and half a dessert-spoonful of baking powder.—Cream the butter, sugar, and treacle, and beat thoroughly before adding the yolks and milk; then mix in the flour, and whites of eggs, alternately, whipping briskly; lastly, put in the baking powder. Bake as a cake, or in tins.

**White Gingerbread** is recommended, I find, as follows:—Rub three ounces of fresh butter into eight ounces of flour; add a pinch of salt, four table-spoonfuls of sifted loaf sugar, the finely chopped rind of lime, the juice of one, and as much baking powder as will cover an eight anna-piece dissolved

in a breakfast-cupful of lukewarm milk. Mix all together in a smooth firm batter, roll it out on a floured board, stamp it into rounds with the rim of a wine-glass, place them on a buttered baking-sheet, and bake immediately in a moderate oven.

**Hunter's Gingerbread** is a handy ginger biscuit for luncheon. Beat three ounces of butter to a cream, add a pound and a half of flour, three ounces of sugar, one ounce of minced candied peel, a table-spoonful of powdered ginger, and a few drops of essence of lemon, and mix together with a pound of treacle slightly warmed. Make it into a smooth paste. Roll it out on your pastry slab, cut it into strips about three inches long and one broad, and bake on a buttered tin. Store these gingerbreads in a tin box. If the same paste be rolled a quarter of an inch thick, stamped out in small ovals, and baked till crisp, you will have "**Gingerbread nuts.**"

# CHAPTER XVII.

## *Dessert.*

ALTHOUGH coming last for our consideration, the dessert is a very important subject, and one that often causes a good deal of trouble. First of all it must be laid out as tastefully as possible before dinner is served, and, as it is continually before the eyes of the assembled guests, it must be composed of nice dishes.

I echo *con spirito* the opinion of a very thoughtful writer on cookery who says that no *fresh* fruit, such as, melons, mangoes, pine-apples, strawberries, &c., should be placed on the table to begin with. The *compotes* containing them should be kept in a cool place, outside the dining-room, and, when the wine is put upon the table, they should be handed round, places having been reserved for them amongst the other dessert dishes in the origin. The reason of this is obvious. Ripe fruit, of the kinds I have mentioned, is on the one hand powerfully scented, which, to some people, is offensive during the discussion of savoury food, and, on the other, it cannot stand exposure to hot air without considerable deterioration.

There is something exceedingly refreshing in cold fruit of a choice description,—an iced mango, or a bunch of iced Vellore grapes, for instance. So, if particular with regard to the

minutiæ which constitute success in dinner-giving, the lady of the house should divide her dessert into two parts:—Part the first being principally ornamental, and part the second the *pièces de résistance* or things to be eaten.

Concerning Part I, little need be said by Wyvern. It is generally admitted, I believe, that the decoration should be as flat as possible, so that a general view of the whole table can be obtained without any intervening obstruction. Thus fashion has banished the huge silver epergnes, centre pieces, &c., that some years ago were so highly esteemed. The surface of the festive board is now made to represent a brilliant parterre, while here and there at intervals, a crystal basket containing a dwarf fern embedded in moss, and resting on a mirror slab, breaks the general level of the tiny flower beds. Dotted amongst the flowers, glass or china dishes are arranged. These should hold bon-bons, crystallized and dried fruits, nuts, choice preserves, biscuits, and so on. The success of part one depends then, upon the good taste exhibited in the floral decoration, and a nice selection of dried fruits, preserves, &c., for the little dishes.

In Part II, we have ices, iced fresh fruits with cream, fruit salads, nuts, olives, &c., things, that is to say, that ought never to be set upon the table at the commencement of dinner. Olives should be opened on the spot, for they rapidly lose colour if emptied into a dessert dish an hour or so before they are wanted. With iced strawberries, melons, mangoes, pine-apples, &c., powdered *loaf* sugar should be handed, and whatever special concomitant custom decrees as well, such as iced cream with strawberries, and powdered ginger with melon. Liqueur brandy, or rum, is a great assistance to pine-apple, if poured plainly over the slice, or used as a sauce, as in pine-apple salad; and no one will regret trying a liqueur-glass of brandy with a ripe mango, as follows:—

Having before you an iced mango of a really good variety, and in perfect condition, slice off the upper piece as you would

decapitate an egg, with this difference, that the mango must be sliced as it rests naturally *on its side*, lengthwise, and not be set up on end as an egg. Well, having sliced off this piece, put it on one side of your plate, and proceed to scoop out the stone with your silver spoon, detaching in that operation as little of the flesh of the fruit as you can. Having extracted the stone, scrape the pulp out of the slice you first cut off, and empty it into the cavity left by the stone; now detach the rest of the pulp round it, and mix the whole well together, adding a liqueur-glass of liqueur brandy, and a dessert-spoonful of powdered loaf sugar. If the mango be really well iced and a *good* one, the result will be found very pleasing.

Inasmuch as at a dinner party the eating of a mango may be considered out of the question, slices of the fruit, dressed as I have just described, iced, and served as a salad, form a very nice dessert dish.

The association of spirits with fresh fruit is, to my mind, nearly as commendable as the use of cream. In handing round melons, mangoes, pine-apples, strawberries, &c., therefore, I would always let the brandy accompany the cream, so that those who prefer the former may have an opportunity of indulging their *penchant.*

As a dessert dish nothing is nicer for a change than a **Strawberry Salad**; it is singularly simple, and with the sterner sex always popular:—Having obtained a nice dish of strawberries, pick of their stalks, casting each berry into a slop basin full of cold water: stir them gently round in the water to get rid of, sand, earth, &c., &c., then set them on a clean sieve to drain: when thoroughly dry, arrange the fruit in a pyramid upon a dessert dish, using a dessert-knife and fork to conduct the operation, and handling each berry with infinite tenderness. When you have arranged the bottom layer of your pyramid, dust over it a layer of pounded loaf sugar, continuing a similar process until you crown the pyramid with your choicest berry;

now measure a liqueur-glass of the best brandy you can command, and let the nutty spirit trickle lovingly in and over your layers of strawberries, do this very gently, drop by drop, until the sugar has absorbed the brandy, then give the pyramid an external dusting of sugar, and put the dish in the ice-box.

The **Pine-apple Salad** is made as follows:—Choose a ripe juicy pine, and either tear it to pieces *secundum artem*, or slice it up. Of course, the skin and eyes should be removed in either case. Then pile the pieces of pine in a tasty shape, dusting them liberally with powdered loaf sugar, and finally moistening the whole with a wine-glassful of good old rum. Brandy may be used if the taste of rum be objected to, but nature intended the latter to be taken in connection with the pine-apple.

A delicious preparation is the **Melon Salad** if perchance you can hit upon a "green-flesh" melon with a rich depth of cut. Assuming, however, that you have selected a fine melon, and that it has been thoroughly well iced, take half of it, and having extracted the seeds, leave it awhile, remove the seeds of the other half melon, and then scrape out the whole of the tender flesh of each of them, amalgamating the two,—one half melon will hold the pulp of a whole fruit, that is to say, when thus scraped. Dust a liberal allowance of powdered sugar into the pulp, and a tea-spoonful of grated ginger, dilute the whole with iced cream, and serve. Or, instead of cream, pour in a liqueur-glass of brandy.

*N.B.*—These fruit salads should be carefully prepared before dinner, and kept as cold as possible in the ice-box till wanted.

With oranges, especially the loose-skinned kind, a capital salad can be made. Peel the orange, and detach the quarters of the fruit from each other without breaking their fine skin. Next, by making a slight incision half an inch long alone the thin end, squeeze out the pips. If tenderly done, the pips can be extracted without the loss of any juice. The quarters can

now be arranged in a little pyramid with plenty of powdered loaf sugar, and a libation of brandy, or any nice liqueur, will complete the dish. Mind and ice the salad well before serving.

Another nice dish for dessert is made with oranges. Prepare the quarters as above, then brush them over with white of egg and roll them in powdered loaf sugar. Iced and served with cream, these crystallized oranges are very presentable.

An ice is, of course, frequently given as the *pièce de résistance* of the dessert. If no iced pudding, or iced cream, has been presented earlier in the dinner, this is undoubtedly the time to give either a cream, or a water ice. I do not recommend the service of both an iced pudding and a dessert ice at the same dinner.

Hot "promotion nuts" are still sent round in a napkin at dessert; nor will the practice be discontinued, I fancy, until the Humane Society interferes. To my eye, no more sorrowful picture can be presented than that of a man who has dined generously, and done justice to a good brand of champagne, in the act of preying upon hot nuts—nuts that encourage the absorption of a couple of glasses of sherry at the least!

Young almonds freshly gathered, or dried sweet almonds blanched, and sent round in a shallow dish containing salt and water, make a nice dessert dish. Indeed there are many nice nuts in India fit for this service. Pistachio-nuts are especially good,—"devilled," *i.e.*:—tossed in fresh butter in a small *sauté* pan, and dusted with salt and Nepaul pepper. They must be served hot.

Fruit preserved in liqueur is always popular; brandied cherries, pears in noyeau, apricots in brandy, etc. Prunes that have been soaked in cherry brandy (as recommended in the *Culinary Jottings*) make a capital trifle for dessert, and fine dried figs similarly steeped in liqueur brandy are delicious. The process is simple. Gently stew the prunes or figs in plain syrup, and then put them with their syrup into a wide-

mouthed bottle, filling the former up with cherry brandy, and the latter with good pale brandy. Look at them about two days afterwards, and fill up again with brandy, for the fruit will have absorbed some of that originally put in. After a month's soaking, the prunes or figs will be fit to present at dessert. Always add fruit and brandy as you reduce the stock in the bottle, and never let the latter become empty.

**Orange chips** are nice for dessert. Take the rinds of some good sized oranges, cut them into quarters, and weigh them. Boil them in water until they are sufficiently tender to pierce with a fork, then drain them, and set them on a dish in the sun to dry. Weigh sugar at the rate of one and a half pound of sugar to two pounds of rind, clarify it as for ices (page 138) and pour the syrup so obtained over the rind. Let it soak for twenty-four hours. Next, strain off the syrup, and boil it till it is quite thick, and pour it, while boiling, over the rind. Leave it for two days, then strain again, boil again, and return the syrup to the rind, and continue the process until the sugar is entirely dried up: then put the chips to dry in the sun again, and bottle them in dry bottles.

It has already been pointed out that **compotes of fruit** may be presented at dessert. I may specially commend one of strawberries in syrup accompanied by iced cream.

The following recipes for dessert "*petits fours*" will be found easy :—

**Pistachio macaroons.**—Blanch and peel seven ounces of shelled pistachio-nuts, and seven ounces of shelled sweet almonds. Pound them in a mortar to a softish paste moistening them with white of egg, add a quarter of a pound of sugar, and one table-spoonful of maraschino, with a little spinach coloring. With a tea-spoon form the paste into little balls, three-quarters of an inch in diameter, and put them on some sheets of paper leaving a two-inch space between each macaroon: dust over with finely-powdered sugar, and bake in a

slow oven. When done, take them out of the oven, and turn the sheets of paper over so that the macaroons may rest on the table, wet the paper at the back of each macaroon with a brush dipped in water to facilitate taking them off, and then keep them on a sieve till wanted.

**Chocolate macaroons.**—Blanch and peel half a pound of shelled sweet almonds : pound them in a mortar, and add a quarter of a pound of sugar and a quarter of a pound of chocolate slightly warmed in the oven. Mix these ingredients to a softish paste with some whites of eggs, shaping and finishing them like the foregoing.

**Almond paste loaves.**—Blanch and peel ten ounces of sweet almonds; pound them to a paste with ten ounces of pounded sugar, and a table-spoonful of rose-water, adding sufficient white of egg to bring the mixture to the consistency of a stiffish paste. Divide the paste into portions the size of a walnut, shape them into ovals, brush them over with white of egg, and place them on a buttered baking-sheet : make an incision a quarter of an inch deep along the centre of the loaves, and bake them in a slow oven. When done, take them out, and when cold, fill the opening with some apricot jam reduced stiffly as for glaze.

**Almond paste crescents.**—Blanch, peel, and pound ten ounces of almonds; add ten ounces of pounded sugar and moisten to a stiffish paste with white of egg. Sprinkle a pastry board with powdered sugar, roll the paste out over it to a quarter of an inch in thickness, and cut it out into crescents with your cutter. Bake them in a slack oven, and when cold, glaze them with some sweetened white of egg flavored with maraschino. Dust some coarse sugar over them, and dry them in the oven for two minutes.

**Bouchées de dames.**—Break eight eggs, separating the yolks from the whites. Put the latter in a whipping bowl, and the yolks in a basin with half a pound of sugar. Work the yolks

and sugar together with a wooden spoon for five minutes. Whip the whites as stiffly as possible, and add them to the yolks and sugar: stir in a quarter of a pound of flour, mix and put the paste into a paper funnel. Press it out into rounds about an inch and a half in diameter on to some sheets of paper. Dust some powdered sugar over them, and bake them in the oven. When done, trim the rounds neatly with the same cutter, spread the flat surface of a round with raspberry jam, and place another round over it sandwichwise to make a *bouchée*. Glaze the *bouchées* thus made with raspberry icing following this process:—Boil some sugar with some water (one pound of sugar to a pint of water) skimming it carefully: when the sugar produces air bubbles, skim a little off with the finger, and plunge the hand immediately into cold water: if the sugar comes off the finger easily, the syrup is ready. Add at that moment a breakfast-cupful of raspberry juice, take the syrup off the fire, and let it cool. Then work it with a spatula until it is quite smooth. Put it into a basin, melt it, giving it a touch of cochineal till of a rose pink color, then stick a skewer into a *bouchée*, and dip it into the liquid icing, and set it on a wire drainer to set; when all have been so dipped, dry them in the oven for a couple of minutes, and then put them away to cool.

**Chocolate bouchées de dames** are made like the above substituting apricot jam for raspberry, and chocolate icing for the raspberry icing.

Bonbons are now so easily procurable from the confectioners that it is scarcely worth while to try to make them at home. **Chocolate creams** are, however, so popular that I subjoin a recipe in case some of my lady readers may like to attempt them:—

Boil a quarter of a pound of sugar with a stick of vanilla until the syrup guage registers 40°. Add two table-spoonfuls of the thickest cream, and pour the whole into a basin. When partly cold, take out the vanilla, and work the sugar with a

wooden spoon until it forms a paste, and divide this into portions the size of a hazel nut. These are to form the centre or heart of the creams. Next, melt half a pound of chocolate in a sugar boiler, adding syrup enough to bring it to the consistency of thick custard. Dip each little ball of paste into this, coat it well, and then lift them out with a fork, laying them out on a dish to cool. Take them off when cold, and set them in the oven to dry for two minutes.

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